

Beet Salad II

Canadian Mennonite Cookbook - 1974

*1 can diced beets
1 tablespoon flour
1 tablespoon vinegar
1 tablespoon water
3/4 cup sugar
1 small onion, sliced into
rings
1 stalk celery, diced*

Drain the canned beets. Replace with an equal amount of water. Place in a saucepan and heat.

In a bowl, combine the flour, vinegar, water, sugar, onion and celery. Add to the beet mixture. Bring to a boil.

Serve hot or cold.

Per Serving (excluding unknown items): 659 Calories; trace Fat (0.4% calories from fat); 2g Protein; 168g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 10 Other Carbohydrates.