

# Beet Salad

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1 can (15 ounce) sliced  
beets*

*1 tablespoon flour*

*1 tablespoon vinegar*

*1 tablespoon water*

*3/4 cup sugar*

Drain the canned beets. Replace the liquid with an equal amount of water.

Place the beets in a saucepan. Heat.

In a bowl, mix the flour, vinegar, sugar and one teaspoon of water. Add to the beets.

Bring to a boil. Simmer.

Serve hot or cold.

(Variation: Add onion rings or diced celery.)

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Per Serving (excluding unknown items): 611 Calories; trace Fat (0.1% calories from fat); 1g Protein; 157g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Grain(Starch); 10 Other Carbohydrates.