

Pickled Beets



Ingredients

- 6 small beets
cooked, peeled
& sliced
- 1/2 onion, sliced
- 1/2 cup cider vinegar
- 1/4 cup sugar
- 1 tbsp. pickling spice
- 3 tbsp. sea salt

Directions:

1. Place the inner pot into the Pressure Pro. Press the **CHICKEN/MEAT** button and add all the ingredients except the beets.
2. Bring to a boil without the lid on.
3. Pack the sliced beets into the jars.
4. Carefully pour the liquid and onions into the jars 1" from the top.
5. Using a flexible nonporous spatula gently press between the beets and the jar to release any trapped air bubbles.
6. Clean the rims with white vinegar and seal.
7. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
8. Secure the lid close the pressure release valve.
9. Press the **CANNING/PRESERVE** button pre-programmed for 30 minutes.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using canning tongs.