

BEETS

1. Wash the vegetables.
2. Remove tops, leaving a little bit of the stem.
3. Cook until tender (about 20 minutes). Optional depending what you will do with it later.
4. Cut off tops and Peel, cut into 1/2" slices (or shred).
5. Then dehydrate the beets at 130°F for 10-12 hours or until brittle, shredded beets for approx. 8-10 hours.

Dried beets can be ground in your food processor and use for color, flavoring and to make red beet eggs. To re-hydrate, soak in cold water for 1 hour and drain, or soak overnight in the fridge.