

## Orange and Balsamic Braised Beets



20 MIN prep, 1 to 1 ½ HRS cooking

6 to 8 Servings

Easy

Ingredients

### Beets

- 4 medium beets, peeled and cut into 1-inch cubes

### Braising liquid

- 2 cups organic orange juice, with pulp is best
- ¼ cup balsamic vinegar
- Pinch of salt

Instructions

### Two options to cook the beets

You can braise the beets on top of the stove or in the oven.

### **On the stovetop**

- Put the cut beets in a Dutch oven or heavy pot with a lid and add the braising liquid. Bring to a simmer on medium heat and then turn to low.
- Cover the pot, leaving the lid open a bit to prevent the pot from boiling over. Stir occasionally.
- Cook until the beets are tender and most of the liquid is gone, at least an hour or so. The liquid will become a thick sauce.

### **In the oven**

- Preheat the oven to 375°
- Put the beets and braising liquid into a Dutch oven or braising pan that can go into the oven (no plastic handles!) and cover.
- Bake for at least an hour, sometimes a bit longer until beets are tender and most of the liquid is gone. Stir occasionally.