

## Betty's Orange-Glazed Beets Recipe



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In this video, Betty demonstrates how to make a great side dish for lunch or dinner—Betty's Orange Glazed Beets. The beets are glazed with a paste made of brown sugar, butter, flour, and orange juice. The combination of sweet and tart with the beets is fantastic! Beets are a natural source of beta carotene, a component that promotes good health and prevents disease.

### Ingredients:

16 oz. can sliced beets  
1 tablespoon butter or margarine  
2 tablespoons flour  
2 tablespoons brown sugar  
½ cup orange juice

Heat 16 oz. beets in their own liquid. In a small saucepan, melt 1 tablespoon butter. Remove from heat. Add 2 tablespoons flour, 2 tablespoons brown sugar, and ½ cup orange juice. Return to heat, stirring constantly until thickened. Drain heated beets. Add sauce to beets, and stir gently to coat. Pour into a nice serving dish. These beets are an excellent accompaniment to almost any meat entree. Happy beet-eating!