

Pan Roasted Beets

3 beets, cut in to 4, 6, or 8 wedges, depending on size

1 cup water

½ teaspoon salt

2 tablespoons olive oil

This is another one of those basics that, once learned, will be called upon often and with pleasure. It results in a sweet, tender beet with bits of caramelized deliciousness. I'm not really into meal prep, per se, but I do like to make big batches of this and use the cooked beets in salads, stir fries, and smoothies. They are also fabulous on their own, as a side dish to roasted red meats. Sour cream, yogurt, or a bit of vinegar would also be tasty, sprinkled on top of the beets once they're on the serving dish. This recipe doubles easily, but it's important to not crowd your pan. All the beets should fit in a single layer, so make sure your pan is big enough. I also recommend a non-stick pan, be that enamelware, copperware, or Teflon (although there are some concerns with Teflon once it becomes scratched. Throw it out if you. Notice damage to the coating.). I don't think I'd do this in a cast iron, as the beets are so sugary that the pan will be terrible to clean.

The wedges of beet should be about a half inch thick. The length doesn't matter quite as much, as long as the thickness is even. I don't peel them, but I do thoroughly scrub the skins clean. Save the greens. They're edible too, and very delicious.

Put a tablespoon of olive oil in your pan and preheat to medium. Then, add your beets, making sure that every beet has a flat, cut side making contact with the pan. Add the water. You don't need to let the beets brown before you add the water. We'll take care of that later. Sprinkle in your salt, being careful not to overdo it, especially if you're planning on using these beets in other recipes later.

Put the lid on, and let the water come up to simmer. Once simmering, let the beets cook until they're tender. It should take about 15 minutes. Add more water to the pan if it is boiling away too quickly and the beets aren't tender yet. Once the beets are tender, take the lid off, and let the liquid reduce until the pan is almost totally dry. Then, add in the rest of the oil. Now, we're going to brown the sides of the beets. Swirl the pan a bit to get the beets oiled on the downside. Let them crisp in the pan until browned and crispy, about another 10 minutes. You can keep the pan on medium throughout this whole process.

Once the beets are crisped up to your liking, take them off and plate up. Enjoy!