

# Italian Rice with Beets

This dish is often served in Italy for **Rosh Hashanah** and **Sukkot**, making use of the new crop of beets. Serve warm as a side dish or at room temperature as a salad. The recipe is from *Olive Trees and Honey* by Gil Marks . Serves 6 - 8.

4 beets (1 lbs.), peeled and diced  
1/4 cup olive oil or vegetable oil  
1 large onion, chopped  
2 cups long-grain rice  
2 1/2 cups water  
1 tsp. grated lemon zest  
1 1/2 tsp. salt (or 1 tbsp. kosher salt)  
1/4 tsp. ground black pepper  
1 tbsp. red wine vinegar  
1/4 cup chopped fresh parsley (optional)

1. Put beets in a medium saucepan, add cold water to cover, bring to a boil, reduce heat to medium-low, cover, and simmer until tender, about 40 minutes. Drain, reserving 1 1/2 cups of flavorful red cooking liquid.
2. In a large, heavy saucepan or flameproof casserole dish, heat oil over medium heat. Add onion and saute until soft and translucent, about 5 minutes. Add rice and stir until opaque, about 3 minutes.
3. Add water, 1 1/2 cups reserved beet juice, lemon zest, salt, and pepper. Bring to boil, cover, reduce heat to low, and simmer until water is absorbed and rice is tender, about 18 minutes. Do not uncover during cooking.
4. Remove from heat and let stand, covered, for 10 minutes. Fluff with fork. Stir in beets, vinegar, and, if using, parsley. The rice can be covered, refrigerated for up to 2 days and reheated.

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# Shopping List

Italian Rice with Beets

<u>Ingredients</u>	<u>Weight or Volume</u>	<u>PLU #</u>
beets	4 (1 lbs.)	_____
olive oil or vegetable oil	1/4 cup	_____
onion	1 large	_____
long-grain rice	2 cups	_____
grated lemon zest	1 tsp.	_____
salt (or 1 tbsp. kosher salt)	1 1/2 tsp.	_____
ground black pepper	1/4 tsp.	_____
red wine vinegar	1 tbsp.	_____
fresh parsley (optional)	1/4 cup	_____

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red wine vinegar	1 tbsp.	_____
fresh parsley (optional)	1/4 cup	_____

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