





United States Department of Agriculture

## BEET HALWA

Yields 4 servings

Prep Time: 50 minutes

2 cups beets, grated  
2 tablespoons olive oil or butter  
1/4 cup sugar  
1 cup milk  
1/2 teaspoon cardamom powder

1. Heat butter or olive oil in a pan and add grated beets. Cook for 5 minutes until beets soften and shrink in size.
2. Add milk and bring to a simmer.
3. Cook until all of the moisture has evaporated (about 20 minutes), stirring constantly.
4. Add sugar and cardamom powder. Cook for another 5 minutes to allow sugar to caramelize. Mixture should be thick.
5. Remove from heat and serve.

Recipe adapted from @spiceupthecurry.com

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