

## Beetroot with apple and onion

Beetroot isn't just for pickling – this recipe makes a delicious vegetable accompaniment. The amount of onion, apple and beetroot isn't crucial – you can just use what you have. This recipe can also successfully be reheated.

### Ingredients

- One large red onion - chopped
- 2 medium eating apples – roughly cubed
- 2 medium beetroots – roughly cubed
- 3 tablespoons wine vinegar
- 3 tablespoons red wine
- 1 tablespoon light brown sugar (or to taste)
- 1/2 Teaspoon cinnamon
- 1/4 teaspoon ground allspice
- 4 cloves
- Olive oil for frying

### Method:

1. Add olive oil to a large frying pan
2. Fry onion until it begins to go soft
3. Add apple and continue frying until the apple softens
4. Add the beetroot, red wine, wine vinegar, sugar, cloves, cinnamon and allspice
5. Continue to cook stirring frequently until the vegetables are piping hot and cooked.
6. Remove the cloves before serving

(Serves 4)

### Variations

Add a handful of raisins at the same time as the beetroot.

