



# Cooked **Beets**



**Add nutritious Sysco Imperial Cooked Beets to your menu without the time-consuming cooking process and mess of preparing raw beets.** Our beets are ready-to-serve, reducing hours of labor costs and time in the kitchen. Update your menu with these convenient, peeled and fully-cooked beets for 100% product yield and no waste. As a fresher and healthier alternative to canned beets, this nutrient-rich vegetable adds great flavor to menu items from salads to desserts. With Sysco Imperial Cooked Beets, you can appeal to diners seeking better-for-you ingredients. Research shows that beets are on-trend, appearing on 19% of casual dining and 47% of fine dining menus.<sup>1</sup>

**Features and Benefits**

- Saves time and reduces back of house labor costs.
- 100% usable product, with no waste.
- Fully-cooked sous vide in their plastic wrapper, preserving the beets' nutrients in the container.
- BPA-free plastic packaging gives beets a long shelf-life.
- Versatile product adds sweet and earthy flavor and bold color to recipes.
- Beets are vitamin-rich root vegetables, ideal for plant-based dishes and fresh juices.
- Fresher and more flavorful alternative to canned beets.
- +49% menu growth over the last 4 years.<sup>2</sup>

**Menu Ideas**

- Beet Carpaccio with Feta Cheese and Microgreens
- Beet Berry & Chia Seed Smoothie
- Chocolate-Beet Cupcakes
- **Grilled Beet Sliders with Guacamole and Mango Chutney\***
- **Red Wine Braised Beet Salad\***
- **Mediterranean Beet Dip\***
- **Roasted Beet Butternut Squash and Halloumi Salad\***

*\*pictured*

**Handling Instructions**

Keep refrigerated at 28° - 34°F until ready to serve.

1. Datassential, MenuTrends, Fall 2014  
2. Datassential, MenuTrends, June 2016

SUPC	Pack/Size	Brand	Description
4424729	10 / 1.1 LB	SYS IMP	BEET RED PLD & COOKED