



# Pickled Dilled Beans

“Canning and Preserving is Fun”

Yield: 8 pints, about 80 servings

Serving Size: 2 beans

## Ingredients:

- 4 pounds fresh tender green or yellow beans (5 to 6 inches long)
- 8 to 16 heads fresh dill
- 8 cloves garlic (optional)
- 1/2 cup canning or pickling salt
- 4 cups white vinegar (5 percent acidity)
- 5 cups water
- 1 teaspoon hot red pepper flakes or 1/4 teaspoon cayenne pepper flakes (optional)

## Directions:

Wash and trim ends from beans and cut to 4-inch lengths. In each sterile pint jar, place 1 to 2 dill heads and, if desired, 1 clove garlic. Place whole beans upright in jars, leaving 1/2-inch headspace. Trim beans to ensure proper fit, if necessary and pack them tightly into jar. Combine salt, vinegar, water and pepper flakes (if desired). Bring to a boil. Add hot solution to beans, leaving 1/2-inch headspace. Use plastic knife to remove air bubbles. Adjust lids and process according to recommendations in table below.

Recommended process time for Pickled Dilled Beans in a boiling water canner				
		Process Times at Altitudes of		
Style of Pack	Jar Size	0-1000 feet	1001-6000 feet	Above 6000 feet
Raw	Pints	5 minutes	10 minutes	15 minutes

(Each serving provides 10 calories, 0 calories from fat, 0 grams fat, 0 mg cholesterol, about 300 mg sodium, 2 grams carbohydrates, less than 1 gram fiber, 0 grams sugar, 0grams protein)

Source: National Center for Home Food Preservation