Dilly Beans

Pickled Green Beans

Makes about 8 pints

Dilly beans are crisp, tangy pickled green beans, great on a relish tray or in a Bloody Mary. This is a tested recipe from the National Center for Home Food Preservation, as shared by University of Illinois Extension. Follow it exactly; don't change the amount of vinegar or water.

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% acidity)
- 4 cups water
- 1 teaspoon hot red pepper flakes (optional)

Directions

1. **Prepare the beans.** Wash the beans and trim the ends so they fit upright in pint jars.
2. **Season the jars.** Put 1 or 2 dill heads and 1 garlic clove (if using) in each hot pint jar.
3. **Pack the beans.** Pack the whole beans upright in the jars, leaving 1/2 inch of headspace.
4. **Make the brine.** Combine the salt, vinegar, water, and pepper flakes (if using), and bring to a boil.
5. **Fill the jars.** Pour the hot brine over the beans, leaving 1/2 inch of headspace. Remove air bubbles, wipe the rims, and put on the lids.
6. **Process in a boiling water canner:** 5 minutes at 1,000 feet or less, 10 minutes at 1,001 to 6,000 feet, and 15 minutes above 6,000 feet.

Let them rest Let the dilly beans sit for a few weeks before opening, so the flavors can blend.

From vegetable-gardening-online.com/canning-green-beans.html