



PICKLED THREE-BEAN SALAD



Taken from www.homemakingdivas.com website



Pickled Three Bean Salad

Recipe taken from the USDA Canning Guidelines
http://extension.usu.edu/utah/htm/fcs/food-preservation-canning/usda_home_canning



1-1/2 cups cut and blanched green or yellow beans (prepared as below)

1-1/2 cups canned, drained, red kidney beans

1 cup canned, drained garbanzo beans

1/2 cup peeled and thinly sliced onion (about 1 medium onion)

1/2 cup trimmed and thinly sliced celery (1-1/2 medium stalks)

1/2 cup sliced green peppers (1/2 medium pepper)

1/2 cup white vinegar (5%)

1/4 cup bottled lemon juice

3/4 cup sugar

1/4 cup oil

1/2 tsp canning or pickling salt

1-1/4 cups water

Yield:

About 5 to 6 half-pints

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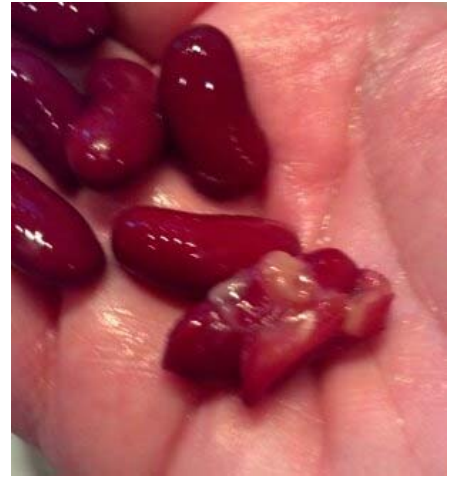


Procedure:



Wash and snap off ends of fresh beans. Cut or snap into 1- to 2-inch pieces. Blanch 3 minutes and cool immediately.

Rinse kidney beans with tap water and drain again. Remove any of the beans that have a split skin or are mashed. If these broken beans are not removed they will make the juice cloudy.



Rinse and drain garbanzo beans. Any skins that are loose should be removed.

Add beans, onions, celery, and green pepper to solution and bring to a simmer. Marinate 12 to 14 hours in refrigerator, then heat entire mixture to a boil.



Fill hot jars with solids. Add hot liquid, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

| Recommended process time for Pickled Three-Bean Salad in a boiling-water canner | | | | |
|---|---------------------|------------------------------|----------------|----------------|
| Style of Pack | Jar Size | Process Time at Altitudes of | | |
| | | 0–1,000 ft | 1,001–6,000 ft | Above 6,000 ft |
| Hot | Half-pints or Pints | 15 min | 20 | 25 |

Amount Per 1/2 Cup Serving

Calories 154.2

Total Fat 5.1 g

Saturated Fat 0.4 g

Polyunsaturated Fat 1.6 g

Monounsaturated Fat 2.8 g

Cholesterol 0.0 mg

Sodium 272.1 mg

Potassium 206.3 mg

Total Carbohydrate 25.7 g

Dietary Fiber 3.8 g

Sugars 13.4 g

Protein 3.2 g