



Pickled Dilled Beans



www.homemakingdivas.com

Pickled Dilly Beans



Taken from www.homemakingdivas.com website

Green Beans need to be preserved using a pressure cooker but when making Pickled Dilly Beans the acid in the vinegar makes the green beans pickle and can be bottled using a boiling water canner.

Canning instructions and equipment have changed over the years. Follow up-to-date canning instructions from a reliable source such as [USDA Canning Guide](http://www.ams.usda.gov/foodpreservation/USDA_Canning_Guide)

http://extension.usu.edu/utah/htm/fcs/food-preservation-canning/usda_home_canning

The instructions to make dilly beans can be found on page 6-14

http://nchfp.uga.edu/how/can_06/dilled_beans.html



Pickled Dilly Beans

- 4 lbs 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)
- 4 cups water
- 1 tsp hot red pepper flakes (optional)

Yield: About 8 pints

Please read “Using Boiling Water Canners” before beginning.

http://nchfp.uga.edu/publications/uga/using_bw_canners.html

Procedure: 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 of garlic. Place whole beans upright in jars, leaving 1/2-inch headspace. Trim beans to ensure proper fit, if necessary. Combine salt, vinegar water, and pepper flakes (if desired). Bring to a boil. Add hot solution to beans, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations

Recommended process time for Pickled Dilled Beans in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft Salt Lake 4,226	Above 6,000 ft
Raw	Pints	5 min	10 min	15 min

Makes 8 pints

Note: When following the recipe I don't put the pepper flakes in with the vinegar water as it calls for. I put 1/8 teaspoon of pepper flakes in each pint jar when I place the garlic and dill in the jars. This gives each bottle an equal amount spice.

When the beans are trimmed to fit in the jar there are pieces left over that are 1–2 inches long. Put the pieces in a bowl to use in the following recipe.



Simple Recipe for cooking fresh Green Beans

Wash and trim ends from beans and cut into 2–3 inch pieces. Measure the beans to see how many cups of beans you will be cooking. Put the beans in a pot with same amount of chicken broth. Measure 1/2 teaspoon of dehydrated onion per cup of beans.

Cook 1/2 of a stripe of bacon for each cup of beans measured. Cut the bacon in small pieces and cook until crispy. Drain the bacon on paper towels and then add the bacon to the pot with the chicken broth and green beans.

Example of the recipe:

- 4 cups of green beans
- 4 cups of chicken broth
- 2 teaspoons dehydrated onion
- 1/2 strip of bacon for each cup of beans. In this example you will need 2 strips of bacon, diced and cooked until crispy

Cook the beans 20–30 minutes, or until they reach the desired tenderness. Add desired amount of salt and pepper before serving. If the chicken broth boils down salt may not be needed. The broth also gives the beans a buttery taste and therefore butter is not needed.

Nutrition details

Amount Per 1 cup Serving

Calories 77

Total Fat 2.8 g

Cholesterol 5.0 mg

Sodium 1,571 mg Potassium 278.3 mg

Total Carbohydrate 9.3 g

Dietary Fiber 3.7 g

Sugars 0.8 g

Protein 5.1 g