



## CANNED PICKLED BEANS



**Shelf life:**  
1+ year at room  
temperature

### INGREDIENTS

#### 5 lbs fresh beans (any color)

- 1.5 liters (6 cups) white vinegar (5% acetic acid)
- 500 ml (2 cups) water
- 125 ml (½ cup) pickling salt
- 1 tsp dill seeds
- 1 garlic clove
- 1 tsp red pepper flakes or 1 fresh hot pepper (optional)

### EQUIPMENT

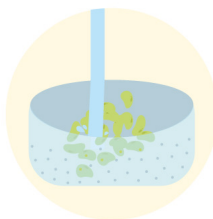
- 7 Mason jars (500 ml) with lids
- Canning pot
- Canning rack
- Small saucepan
- Non-metallic spatula
- Jar lifter

#### Recipe Variations

Without changing the amounts of salt or vinegar, you can substitute the beans with carrots, cauliflower, or a mix of the three vegetables. As for seasonings, feel free to get creative! If you're not a fan of dill, you can replace it with a pickling spice blend of your choice.

### RECIPE 1/2

**1** Rinse and trim the beans.



**2** In a large pot, place the canning rack at the bottom and heat enough water to fully submerge the Mason jars. Let the jars warm up in the hot water.

**3** In a small saucepan, heat 1.5 liters (6 cups) of white vinegar (5% acetic acid), 500 ml (2 cups) of water, and 125 ml (½ cup) of pickling salt.

## RECIPE 2/2

4

Once the Mason jars are warm, carefully **remove them using a jar lifter**. In each jar, **add** the dill seeds, garlic clove, and either the chili flakes or the fresh hot pepper.

5

**Pack the jars** tightly with as many beans as possible. **Pour the hot brine** into each jar, leaving ½ inch (1.25 cm) of headspace.

Use a non-metallic spatula to **remove any air bubbles** between the beans, and **wipe the rims** if any brine has spilled.

**Place the lids on** and tighten the rings fingertip-tight — firm, but not forced.



6

**Process the jars** for 10 minutes in a boiling water bath or steam canner. This step is **essential to kill harmful microorganisms**.

Once the processing time is over, carefully **remove the jars and place them on a clean towel**. As they cool, you should **hear a “pop”** — the sound of the vacuum seal forming.



**Enjoy!**

**Not quite ready to try water-bath canning?**

Give lacto-fermented pickled beans a try instead!

