

## Pickled Green Beans

### Ingredients

- 1-3/4 pounds fresh green beans, trimmed
- 1 teaspoon cayenne pepper
- 4 garlic cloves, peeled
- 4 teaspoons dill seed or 4 fresh dill heads
- 2-1/2 cups water
- 2-1/2 cups white vinegar
- 1/4 cup canning salt



### Instructions

1. Pack beans into four hot 1-pint jars to within 1/2 in. of the top. Add cayenne, garlic and dill seed to jars.
2. In a large saucepan, bring water, vinegar, and salt to a boil.
3. Carefully ladle hot liquid over beans, leaving 1/2-in. headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mixture. Wipe rims. Center lids on jars; screw on bands until fingertip tight.
4. Place jars into canner with simmering water, ensuring that they are completely covered with water. Bring to a boil; process for 10 minutes. Remove jars and cool.

### Nutrition Information

1 c: 25 calories, 0 g fat, 2g carbohydrate (1g sugars, 1g fiber), 1g protein, 120 mg sodium

Recipe from Taste of Home.

[Pickled Green Beans Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/pickled-green-beans)



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