

# Pickled Green Beans

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## Ingredients:

- 1 lb fresh green beans
- 6 garlic cloves
- 1 ½ tsp dill or 3 fresh dill heads
- ¾ tsp cayenne powder or red pepper flakes, optional
- ¼ cup canning salt
- 3 cups white vinegar
- 3 cups water

## Directions:

Combine salt, vinegar and water in a saucepan and bring to a boil.

Heat water in hot water bath canner.

While things on the stove are heating, snap ends off of beans. Leave whole or snap into smaller pieces.

Pack beans into 3 hot pint jars, leaving ½ inch of headspace.

Add garlic and dill. Add cayenne or red pepper flakes if desired.

Add salt, vinegar and water mixture to jars, again leaving ½ inch headspace.

Wipe rims with a clean rag.

Add lids.

Process in a hot water bath for 10 minutes. Be sure the jars are covered by at least an inch of water.

You can also skip the canning process and keep them in the refrigerator for a week before eating if you will eat them fairly quickly.

Yield; 3 pints