



Dilly beans are a crunchy, tart, salty, spicy, healthy, addicting snack. If you are making these for kids, you may want to use the smaller amount of spices. (Just don't leave out the red pepper flakes entirely.) The spicier version is intense! You could use fresh dill heads, but the dry dill seed works just fine, and takes up less space in the jar.



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Dilly Beans

Makes 7 pint jars.

4 pounds green beans
½ cup pickling salt
5 cups white vinegar
5 cups water
¼ to 1 teaspoon red pepper flakes per jar
½ teaspoon mustard seed per jar
3 or 4 peppercorns per jar
1 clove garlic per jar
½ to 1 teaspoon dill seed per jar
1 sprig of fresh dill leaf per jar (optional)

Measure and place the red pepper flakes, mustard seed, garlic and dill to each jar.

Trim ends of green beans to fit lengthwise into pint jars, leaving 1/2-inch of headspace.

Combine salt, vinegar and water in a large saucepot. Bring to a boil. Carefully ladle hot liquid over the beans, leaving ¼-inch headspace. Remove air bubbles.

Wipe the jar rims, apply lids and rings and process in a boiling water bath for 10 minutes.

Allow at least 3 weeks for the flavors to develop before serving.