

Pickled Green Beans

Yields 5 pints

What You Need:

- 4 cups apple cider vinegar
- 4 cups water
- 3 tablespoons kosher salt
- 5 sprigs fresh dill, or 2½ heaping teaspoons dried dill weed, separated
- 5 cloves garlic, peeled and lightly smashed
- 2 ½ - 5 teaspoons crushed red pepper flakes
- 2 pounds fresh green beans, washed and ends trimmed

Fill a large stock pot with water, leaving a few inches of space at the top (to account for the water displaced by the filled jars later), and set on the stove to boil.

Wash the mason jars thoroughly and place in the boiling water to sterilize. Place the lids in a small saucepan beside the stove and ladle in enough hot water to cover them.

In a large saucepan, combine vinegar, salt, and water. Bring just to a boil, stirring to dissolve the salt

Carefully remove the jars from the boiling water, emptying out the water back into the pot.

Quickly place a sprig of dill (or ½ teaspoon dried dill weed), a clove of garlic, and ½-1 teaspoon red pepper flakes in each jar. Then, add the green beans, standing them as upright as possible. Pour or ladle in the vinegar mixture, leaving ½ inch headspace. Wipe the rims of the jars dry, then place a lid and ring on each one. You want the lids to be just finger tight; if they are too tightly sealed, they will not process correctly as no air can escape.

Return the filled jars to the water bath and wait for the water to return to a light boil. Process for 15 minutes, then remove the jars and set on a towel. Leave them undisturbed for 1 hour, then check the lids to make sure they are sealed.

You can do this by lightly trying to pry of the lids with the pads of your fingertips, and making sure the center is popped down.