

Pickled or Non-Fermented Foods: Pickled Dilled Beans¹

United States Department of Agriculture, Extension Service²

Pickled Dilled Beans

4 lbs fresh tender green or yellow beans (5 to 6 inches long)

8 to 16 heads fresh dill

8 cloves garlic (optional)

1/2 cup canning or pickling salt

4 cups white vinegar (5 percent)

4 cups water

1 tsp hot red pepper flakes (optional)

Yield: About 8 pints

Procedure: Wash and trim ends from beans and cut to 4-inch lengths. In each sterile pint jar, place 1 to 2 dill heads and, if desired, 1 clove of garlic. Place whole beans upright in jars, leaving 1/2-inch headspace. Trim beans to ensure proper fit, if necessary. Combine salt, vinegar water, and pepper flakes (if desired). Bring to a boil. Add hot solution to beans, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations in Table 1.

If you are a first time canner, we recommend that you read the 1994 USDA Canning Guide that is available at

http://www.uga.edu/nchfp/publications/publications_usda.html.

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Table 1.

Table 1. Recommended process time for Pickled Dilled Beans in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Raw	Pints	5 min	10	15
*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.				