



## Pickled or Non-Fermented Foods: Pickled Dilled Beans<sup>1</sup>

United States Department of Agriculture, Extension Service<sup>2</sup>

### 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.

**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

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2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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