



Makes 7 pints

Preparation Time: 1 hours

Cook Time: 6 days 23 hours

INGREDIENTS:

14 cloves garlic, lightly crushed

7 to 14 heads fresh dill or 1 to 2 teaspoons dill seeds (see tip in intro)

Crushed red pepper

4 lb. fresh green beans

4 cups white vinegar

4 cups water

¼ cup pure cane sugar

3 tablespoons sea salt

Spicy Pickled Green Beans

Green bean plants can be prolific! If you find yourself with more beans than you can handle, these spicy **pickled** green beans are a flavor-packed way to use them up and make an excellent addition to salads, **grain bowls**, burgers, and sandwiches. If you're new to pickling, these refrigerator pickles are a great place to start. Place trimmed green beans in sterilized jars, with crushed red pepper, garlic, and fresh dill (or dill seeds) for added flavor. Then heat a simple four-ingredient pickling liquid and pour it over the veggies. It's that easy! Leave the pickled green beans sealed for at least a week before serving. If you have some canning know-how, these pickles can be processed for longer storage.

Tip

The heads of fresh dill are where the seeds are. You can use the delicate leafy sprigs, but the flavor will not be as intense.

For more inspiration, check out these tasty ideas:

- [How to Quick Pickle Onions, Cukes, Green Beans and More](#)
- [Quick-Pickled Japanese Cucumbers](#)
- [Spicy Red Cabbage Sauerkraut](#)
- [Filipino Cucumber Salad \(Ensaladang Pipino\)](#)

By Ellen Boeke

- 1 Divide garlic and dill among seven sterilized pint jars. Add ⅛ teaspoon crushed red pepper to each jar. Trim beans as needed to fit in the jars. Pack beans upright in jars, placing together as tightly as you can; leave ½-inch headspace.
- 2 In a large saucepan combine the remaining ingredients. Bring to boiling. Add to jars, making sure to cover beans. Add lids to jars. Let cool on a wire rack. Let beans pickle in the refrigerator at least 1 week before serving. Store in the refrigerator up to 3 weeks.