



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-8202

Spicy Pickled Green Beans

Makes about 3 pints

You'll enjoy these green beans that feature a kick! Pickled green beans get a little spicy with the addition of jalapeño strips. Try these spicy pickled green beans in a salad, or on their own as a snappy snack!

Ingredients:

1 pound green beans, trimmed to 1/2" shorter than the jar
3 jalapeños, sliced into thin strips
1 clove garlic, thinly sliced
1 tablespoon mustard seeds
1 tablespoon peppercorns
1-1/2 cups apple cider vinegar
1-1/2 cups water
1 tablespoons kosher salt
1 tablespoon sugar

Directions:

1. Blanch the prepped green beans and jalapeño strips by boiling in a large pot of water for 2 minutes. Plunge them into an ice bath to preserve the green color and to stop from over-cooking.
2. Clean and sterilize 3 pint-sized canning jars. Fill the jars with the blanched green beans, jalapeño slices, and garlic slices. Tightly pack the green beans in the jar vertically. Divide the mustard seeds and peppercorns into the jars.
3. Prepare the brine: In a saucepan, bring the vinegar, water, salt, and sugar to a boil. Boil for three minutes. Let the brine cool.
4. Pour the brine into each jar, covering the green beans completely.
5. Cover and refrigerate the pickles overnight before serving.
6. Keep refrigerated. Enjoy the pickles for up to one week.