

Pickled Dill Beans

Yield: about 8 pints

4 pounds fresh tender green or yellow beans (5-6 inches long)
8 to 16 heads fresh dill
8 cloves garlic (optional)
1/2 cup canning or pickling salt
4 cups white vinegar (5%)
4 cups water
1 teaspoon red pepper flakes (optional)

1. Wash and rinse canning jars; keep hot until ready to use. If under 1000 feet elevation, sterilize canning jars by boiling for 10 minutes. Prepare lids and bands according to manufacturer's directions.
2. Wash and trim ends from beans and cut to 4-inch lengths.
3. 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 head- space. Trim beans to ensure proper fit, if necessary.
4. Combine salt, vinegar water, and pepper flakes (if desired). Bring to a boil.
5. Add hot solution to beans, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot solution. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water or steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, 15 above 6,000 feet.

Source: USDA Complete Guide to Home Canning, 2015