

Dilly Beans

1/2 lb. fresh green beans
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon mustard seeds
1 teaspoon dill seed
2 whole garlic cloves
1/2 cup vinegar
1/2 cup water
2-1/2 tsp. plain salt

NOTE: All measurements given are per jar; to make multiple jars, adjust accordingly.

Wash and snip ends from green beans, cutting them to fit a 1 pint wide-mouth canning jar. Place pepper flakes, mustard seed, dill seed, and

garlic cloves into clean jar. Pack green beans as tightly as possible into jar, leaving head room at the top of the jar. Bring water, vinegar, and salt solution to a boil, then pour it over the jar of packed beans, filling the jar to close to the top. Tighten lids and process jar in boiling water bath for five minutes. Remove from boiling water and let jar cool.

*Recipe adapted from www.recipezaar.com
by Matthew Molus.*