

Dilly Beans

RIIHI | www.allrecipes.com

6 cups water
1 cup pickling salt
6 cups distilled white vinegar
8 heads fresh dill weed
1/2 cup pickling spice
1/2 cup mustard seed
8 dried red chile peppers
16 cloves garlic, peeled
1 teaspoon alum
5 pounds fresh green beans, rinsed and trimmed

Sterilize 8 (1 pint) jars in boiling water for at least 5 minutes.

Combine the water, pickling salt and vinegar in a large pot, and bring to a boil. When it begins to boil, reduce heat to low, and keep at a simmer while you pack the jars.

In each jar place the following: 1 head of dill, 1 tablespoon of pickling spice, 1 tablespoon of mustard seed, 1 dried chile pepper, 2 cloves of garlic, and 1/8 teaspoon of alum. Pack beans into the spiced jars in a standing position.

Ladle the hot brine into jars, leaving 1/2 inch of space at the top. Screw the lids onto the jars, and process in a hot water bath for 6 minutes to seal. Store for at least 2 weeks before eating.

Fresh Green Beans Parmesan

Diana Rattray, www.about.com

- 2 to 3 pounds fresh green beans, trimmed and cut
- 1 cup sliced fresh mushrooms
- 1/3 cup chopped onion
- 1 can (8 oz) sliced water chestnuts, drained
- 1/2 teaspoon salt
- 1/2 teaspoon basil (3 teaspoons fresh basil)
- 1 teaspoon dried Italian seasoning
- 1/3 cup olive oil
- 1/4 cup grated Parmesan cheese

Put green beans in dutch oven, cover with water and bring to a boil. Cover, reduce heat and simmer for 8 to 10 minutes. Plunge beans into ice water bath to stop cooking. Drain and set aside. Combine all other ingredients, except the cheese, in the dutch oven, saute until onion is tender. Stir in beans and cooked until heated. Sprinkle with cheese

Greek Green Beans
www.greenbeansnmore.com

- 3/4 cup extra virgin olive oil
- 2 cups chopped onions
- 1 clove minced garlic
- 2 pounds fresh green beans, rinsed and trimmed
- 3 large tomatoes, diced
- 2 teaspoons sugar
- Pinch of salt to taste

Heat the olive oil in large skillet on medium heat. Cook and stir the onions and garlic until tender. Add the green beans, tomatoes, sugar and salt, reduce heat to low and cook until the green beans are tender (approx. 35 to 45 minutes).

Green and Yellow Bean Salad

Tested till Perfect | www.cbc.ca/bestrecipes

12 oz (375 g) each green and yellow beans

2 tbsp (25 mL) chopped fresh oregano

2 tbsp (25 mL) extra-virgin olive oil

2 tbsp (25 mL) wine vinegar

2 tsp (10 mL) grainy mustard

1 clove garlic, minced

1/2 tsp (2 mL) each salt and pepper

Half red onion, thinly sliced

Fill bowl with ice water. In large pot of boiling salted water, blanch green beans until tender-crisp, 3 to 4 minutes. With slotted spoon, transfer to ice water; stir until cold. Drain on towel-lined plate. Repeat with yellow beans. (Make-ahead: Wrap and refrigerate for up to 4 hours.)

In large bowl, whisk together oregano, oil, vinegar, mustard, garlic, salt and pepper. Add onion and green and yellow beans; toss to combine.

Green Bean Succotash

Tina Miller | Bon Appétit | June 2009

- 8 ounces green beans, trimmed
- 2 tablespoons olive oil
- 1 cup frozen lima beans, thawed
- 1 cup fresh corn kernels (cut from 2 medium ears)
- 3/4 cup diced red bell pepper
- 2 tablespoons (1/4 stick) butter
- 1/2 teaspoon Old Bay seasoning

Blanch green beans until crisp-tender, about 4 minutes. Transfer to bowl of ice water to cool; drain.

Heat oil in large skillet over medium-high heat. Add green beans and sauté 1 minute. Add lima beans, corn, and bell pepper. Sauté until vegetables are crisp-tender, about 4 minutes. Mix in butter and Old Bay; season to taste with salt and pepper.

Green Beans, Cilantro and Soy-Glazed Almonds

www.greenbeansnmore.com

1/4 cup whole almonds (about 1-1/2 ounces)
4 teaspoons low-sodium soy sauce
1 pound green beans, trimmed, cut into 1-inch pieces
2 tablespoons rice vinegar
1 tablespoon vegetable oil
1 large garlic clove, grated
1 teaspoon grated peeled fresh ginger
2 tablespoons thinly sliced green onions
1/3 cup fresh cilantro leaves

Place almonds in small nonstick skillet. Stir over medium heat until almonds are lightly toasted, about 5 minutes. Increase heat medium-high. Add 3 teaspoons soy sauce and stir until soy sauce evaporates and coats almonds, about 1 minute. Transfer to plate and cool. Chop almonds.

Cook beans in large pot of boiling salted water until just tender, about 5 minutes. Drain. Rinse beans under cold water. Drain well. Almonds and beans can be prepared 6 hours ahead. Cover almonds and store at room temperature. Cover and refrigerate beans; bring to room temperature before continuing.

Whisk vinegar, oil, garlic, ginger and remaining 1 teaspoon soy sauce in large bowl to blend. Add beans and toss to coat. Sprinkle green onions, cilantro and almonds over salad and serve.

Green Beans with Sage and Pancetta

Bon Appetit | December 2007 | Molly Stevens

2.5 pounds green beans

8 ounces thinly sliced pancetta (or bacon) chopped

2 tablespoons extra virgin olive oil

3 tablespoons coarsely chopped fresh sage

Sea salt

Cook beans in large pot of boiling water until crisp-tender, about 4 to 6 minutes. Drain, spread beans on paper towels.

Combine pancetta and 1 T oil in skillet, saute over medium heat until pancetta is crisp. Add sage and until together for about 1 minute. Add 1 T oil in skillet, add beans and saute until heated through, about 5 minutes. Add pancetta mixture and toss. Season to taste with sea salt and pepper.

Okra And Green Beans

www.cdkitchen.com

3/4 pound fresh okra, uncut
4 tablespoons olive oil
vinegar (optional)
1 medium onion, diced
3/4 pound fresh green beans
2 cloves garlic, crushed then chopped
1 cup water PLUS
2 tablespoons water
salt and freshly ground black pepper
1 can (6 ounce size) tomato paste

Wash okra pods, trim stems, do not remove caps. If desired soak okra in vinegar for 30 minutes to remove some of the stickiness. Rinse well and drain. Wash beans and cut into 3 inch lengths.

Combine water, tomato paste, olive oil, onion, garlic, salt and pepper in a sauce pan and mix well.

Heat, stirring frequently, until mixture comes to boil. Add okra and beans and additional water if necessary to almost cover vegetables.

Reduce heat to low, cover and simmer gently until vegetables are crisp-tender, 20 to 30 minutes

Russian Green Bean and Potato Soup

Idealnut | www.allrecipes.com

This is a hearty Russian vegetable soup with a great flavor. Add seasonal veggies for more variety. Enjoy!"

1 tablespoon vegetable oil
1 large onion, halved and thinly sliced
4 red potatoes, cubed
1/2 pound green beans, cut into 1 inch pieces
5 cups vegetable, chicken, or beef broth
2 tablespoons whole-wheat flour
1/2 cup sour cream
3/4 cup sauerkraut with juice
1 tablespoon chopped fresh dill
Salt and pepper to taste

Heat vegetable oil in a large saucepan over medium heat. Stir in the onion, and gently cook until softened and translucent, about 5 minutes. Add the potatoes and green beans; cook until the green beans have slightly softened, about 5 more minutes. Pour in the vegetable stock. Bring to a boil over high heat, then lower heat to medium-low, cover, and cook until the potatoes have softened, about 15 minutes. Stir the flour into the sour cream, and add it a spoonful at a time to the simmering soup. Stir in the sauerkraut and dill, season to taste with salt and pepper. Simmer for 5 minutes