

# QUICK REFRIGERATOR PICKLED BEANS

Make pickled green beans for a snack or  
add to tomato juice for a special treat.

fresh  
green  
beans



1 cup  
white or  
apple  
vinegar



1 cup  
water



1-2 garlic  
cloves



1 tbsp  
coarse  
salt



2 tsp  
sugar



## DIRECTIONS

Fill a mason jar with  
leftover uncooked green  
beans, or any vegetable, and  
garlic. In a saucepan bring  
vinegar, water, salt, and sugar to  
a boil and let cool. Pour over  
beans and seal with lid. Place in  
fridge and eat within a month.

Want to add a little heat?  
Add a hot pepper.



*Source:  
Chris Swanson,  
Garbage Program  
Supervisor, Saint  
Paul Public Works*



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