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How to Make Pickled Three Bean Salad

Yield: 5 to 6 half pint jars

Making and canning your own Pickled Three-Bean Salad is easy with this recipe! You can use an ordinary water bath canner to "can" it, or refrigerate it to eat fresh.

Ingredients

- 11½ cups cut and blanched green or yellow beans (prepared as below)
- 1½ cups canned, drained, red kidney beans
- 1 cup canned, drained garbanzo beans (also called "chick peas")
- ½ cup peeled and thinly sliced onion (about 1 medium onion)
- ½ cup trimmed and thinly sliced celery (1½ medium stalks)
- ½ cup sliced green peppers (or ½ medium pepper)
- ½ cup white vinegar (5 percent acidity)
- ¼ cup bottled lemon juice
- ¾ cup sugar
- ¼ cup oil
- ½ teaspoon canning or pickling salt
- 1¼ cups water

Equipment

- 1 Canner (a huge pot to sterilize the jars after filling (about \$30 to \$35 at mall kitchen stores, sometimes at big box stores and grocery stores.). Note: we sell many sizes and types of canners for all types of stoves and needs - see [canning supplies](#))
 - Pint canning jars (Ball or Kerr jars can be found at grocery stores, like Safeway, Publix, Kroger, grocery stores, even online - about \$8 per dozen jars including the lids and rings). Be sure to get wide mouth jars to fit the pickles in! Pint size works best!
 - Lids - thin, flat, round metal lids with a gum binder that seals them against the top of the jar. They may only be used once.
 - Rings - metal bands that secure the lids to the jars. They may be reused many times.
 - Jar grabber (to pick up the hot jars)
 - Lid lifter (has a magnet to pick the lids out of the boiling water where you sterilize them. (\$2 at Target, other big box stores, and often grocery stores; and available online - see this page)
 - Jar funnel (\$2 at Target, other big box stores, and often grocery stores; and available online - see this page)
 - 1 large pot; teflon lined, glass or ceramic.
 - Large spoons and ladles
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Pickled Three-Bean Salad Directions - Step by Step

Step 1 - Wash the fresh green beans.

Wash the beans under cool running water.



Step 2 - Trim the ends

Just take a sharp knife and cut off both ends (about 1/4 of an inch, or half the width of an average woman's little finger). Then cut them into pieces of the size you prefer, usually about 1 inch long.

Of course, if you prefer French cut green beans, you can cut the beans lengthwise instead, or you can use a "bean Frencher" (No, that does not make the beans want to wear a beret, or "mime, it's just the name..). The "Frencher" enables you to prepare a huge quantity of beans quickly!



Step 3 - Blanch the green beans

All fruits and vegetables contain enzymes and bacteria that, over time, break down and destroy nutrients and change the color, flavor, and texture of food during frozen storage. Green beans require a brief heat treatment, called blanching, in boiling water or steam, to destroy the enzymes before freezing. Blanching times for beans is 3 minutes (the duration should be just long enough to stop the action of the enzymes and kill the bacteria).



Begin counting the blanching time as soon as you place the green beans in the boiling water. Cover the kettle and boil at a high temperature for the required length of time. You may use the same blanching water several times (up to 5). Be sure to add more hot water from the tap from time to time to keep the water level at the required height.

Step 4 - Cool the green beans

Cool green beans immediately in ice water. Drain the green beans thoroughly (this shouldn't take more than a minute).

After vegetables are blanched, cool them quickly to prevent overcooking. Plunge the green beans into a large quantity of ice-cold water (I keep adding more ice to it). A good rule of thumb: Cool for the same amount of time as the blanch step. For instance, if you blanch sweet green beans for 7 minutes, then cool in ice water for 7 minutes.



Drain thoroughly.

Step 5 - Rinse the Kidney beans

Rinse the kidney beans with tap water and drain again.

Step 6 - Slice the other vegetables

Prepare and measure:

- ½ cup peeled and thinly sliced onion (about 1 medium onion)
- ½ cup trimmed and thinly sliced celery (1½ medium stalks)
- ½ cup sliced green peppers (or ½ medium pepper)

Step 7 - Make the pickling solution

Combine

- ½ cup white vinegar (5 percent acidity)
- ¼ cup bottled lemon juice
- ¾ cup sugar
- 1¼ cups water

in a pot and bring to a boil. Remove from heat.

Add

- ¼ cup oil
- ½ teaspoon canning or pickling salt

Step 8 - Add the beans

Add the beans, onions, celery and green pepper to solution and bring to a simmer.

Step 9 - Cool to room temperature and refrigerate

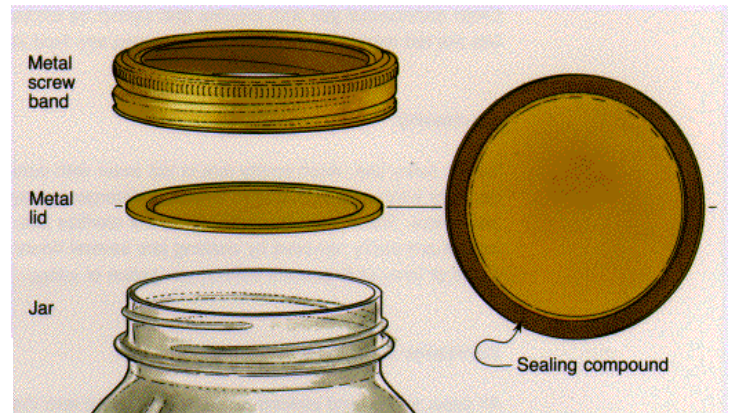
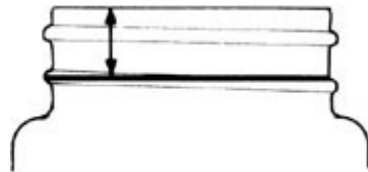
Let the mix cool to room temperature (about 1 hour) then refrigerate to allow it to marinate for 12 to 14 hours.

Step 10 - Reheat the mix

Heat entire mixture to a boil. Get the canner heating and make sure your jars are clean (they need not be sterile, as the canner will do that).

Step 11 - Fill the jars

Fill clean, hot jars with solids. Add hot liquid, leaving ½-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids.



Step 12 - Put the jars in the canner

Using the jar tongs, put the pint jars in the canner and keep them covered with at least 1 inch of water. Keep the water boiling. Boil them for 5 minutes.



Remember to adjust for altitudes and larger jars - see the table below!

Recommended process time for Pickled Three-Bean Salad in a boiling water canner, hot pack. Process Time at Altitudes of			
Jar Size	0-1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Half-pints or Pints	15 min	20	<25

Step 13 - Done

Lift the jars out of the water and let them cool without touching or bumping them in a draft-free place (usually takes overnight) You can then remove the rings if you like. Once the jars are cool, you can check that they are sealed verifying that the lid has been sucked down. Just press in the center, gently, with your finger. If it pops up and down (often making a popping sound), it is not sealed. If you put the jar in the refrigerator right away, you can still use it. Some people replace the lid and reprocess the jar, then that's a bit iffy. If you heat the contents back up, re-jar them (with a new lid) and the full time in the canner, it's usually ok.

When can you start eating the bean salad? Well, it takes some time for the seasonings to be absorbed into the pickles. Generally, that's about 2 or 3 days! Ah... the wait...