AMERICAN · SIDE · SNACK

Fermented Dilly Green Beans

20 min · plus 5–7 days fermenting Makes 15 × 5 beans (30 g) 10 kcal a portion

Video 5:33 · Jill Winger - Old Fashioned on Purpose

Vegan | Gluten-free ingredients | Nut-free

Scan for the video, full nutrition and more free recipes

Crunchy, tangy beans soured by fermentation, with no vinegar or sugar, at under 10 kcal for five beans. Lightly salted next to most pickles, at about 100 mg sodium a serve.

Diet notes: Low carb (1.4 g net carbs) but not keto: 6% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

6 · MAKES 15 × 5 BEANS (30 G)

- [ ] 4 cups (about 1 lb) **fresh green beans**, ends snapped off
- [ ] 1 tbsp **kosher salt** in 2 cups water, a 2% brine (about 1½ cups fills the jar; the beans take up about 4 g)
- [ ] 1 clove **garlic**
- [ ] 1 tsp **black peppercorns** (stay in the jar)
- [ ] 1 **bay leaf** (stays in the jar)
- [ ] 2 heads **fresh dill** (or 1 tbsp dill seed; stays in the jar)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Stir 1 tbsp kosher salt into 2 cups water until it dissolves (make double or triple for more jars). 2:07
2. Put 1 clove garlic, 1 tsp black peppercorns, 1 bay leaf and 2 heads fresh dill in the bottom of a clean quart jar. 2:29
3. Pack in about 1 lb trimmed green beans as tightly as they'll fit — standing upright if you like. 3:00
4. Pour in the brine to cover the beans, leaving about 1 inch of headspace, and weigh them down (a glass weight works well) so none stick up above the brine. 3:24
5. Fit the lid loosely, or use an airlock lid. Leave on a warm spot on the counter for 5–7 days, opening the jar every day to let the gas out. 3:57
6. Taste: ferment a few days more for a stronger flavour, then refrigerate. They keep for 2–3 months in the fridge. 4:17

> **Tip** Makes 1 quart jar, about 15 five-bean serves (our estimate). Keep this jar away from other ferments and sourdough starter while it ferments. Dill is optional; dill seed works too.

The method is a summary in our words — the video shows every step.

One portion, 5 beans (30 g), gives you

1 OF 15 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
10 kcal	**0.6** g	**2.2** g	**0.8** g	**0.1** g	**110** mg
40 kJ	1% of a day	1.4 g net · 1 g sugars	3% of a day	0 g saturated	5% of a day
		1% of a day		0% of a day	

Energy from net carbs 63% · protein 27% · fat 10%

Source of (10–19%) Vitamin K 11%

Recipe and video: Jill Winger - Old Fashioned on Purpose (@theprairiehomestead) on YouTube — youtube.com/watch?v=FL0Ma_7rcec, published 4 September 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fermented-dilly-green-beans