

# Garden Green Beans

As many trays as weight of green beans you have to store\*

[Live.Life. Simple's: 50lbs of FREEZE DRIED GREEN BEANS - - Garden Grown](#)

## Ingredients:

Fresh Green Beans



## Directions:

1. Snap the ends off of each green bean, and break into bite sized pieces
2. Wash, soak for a while to get dirt and bugs off. Then rinse.
3. Blanch in boiling water for 2-3 minutes and put them in ice cold water and strain.
4. Spread out on a a tray lined with pre-cut parchment
5. If you want to add spices for snacks, do so now.
6. Freeze until solid
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** My cycle time in a large freeze dryer with 5 trays of Green Beans with an oilless pump was about 47 hours

**Rehydration:** Add a dollop of butter if desired, then add boiling hot water, and drown the green beans. Dunk, cover with foil, and let sit for 5-10 minutes. Then cook them like you normally would. Then cover and let stand for up to 30 minutes.



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Life.  
Simple.

[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray