

# Garden Green Beans

*This recipe will make as many trays full as you like*



## Ingredients

Green beans

## Directions:

1. Prepare the green beans – Snap off the ends of each green bean and break them into bite-sized pieces for even drying.
2. Clean thoroughly – Wash the beans well, then soak them for a few minutes to remove any dirt or bugs. Rinse thoroughly.
3. Blanch – Boil a pot of water and blanch the beans for 1-2 minutes to preserve color, texture, and nutrients. Immediately transfer them to ice-cold water to stop the cooking process, then drain well.
4. Arrange on Trays – Spread the beans evenly on a parchment-lined freeze-drying tray. If making seasoned snack beans, add spices now.
5. Pre-Freeze – Freeze until the beans are completely solid.
6. Freeze Dry (my cycle time was 47 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add a dollop of butter to your bowl of green beans if desired, then add boiling hot water, and drown the green beans. Dunk, cover with foil, and let sit for 5-10 minutes. This restores the beans to the constitution of blanched beans. For your meal, cook them like you normally would in boiling water. Then cover and let stand until they reach your desired consistency.

These make great snacks as freeze dried as well.

## Notes:

If you are making these as a snack, your favorite seasonings make them so good! Try seasoned salt, garlic salt or lemon pepper.

## Nutritional Value Per 1 cup

Calories: 31 Protein: 2 g Fat: 0 g Carbohydrates: 7 g Sugar: 3 g Fiber: 3 g