



YELLOW & GREEN BEANS

AVAILABILITY

July to September

TRIM LOSS

Approximately 12 percent from stems and ends.

YIELD

¾ pound	1 pint frozen
1 pound	1 pint canned 3 cups, cut up
9 pounds	canner load of 9 pints
14 pounds	canner load of 7 quarts
1 peck (8 pounds)	10-12 pints frozen 3-5 quarts canned
1 bushel (30 pounds)	40 pints frozen 12-20 quarts canned (average 2 pounds per quart)

RECOMMENDED VARIETIES

Bush Blue Lake is an excellent green bean for fresh use. Kentucky Wonder, Tender Crop, Spartan Arrow and Bush Romano varieties are excellent green bean choices for fresh use, canning and freezing. Butterwax and Gold Crop Wax are excellent wax varieties for freezing, canning and for fresh use. Golden Wax is good for freezing. Earlywax is good for freezing and canning.

FREEZING

Prepare beans: Select young, tender, stringless beans that snap when broken. Wash beans, snip off and discard ends. Leave whole, or snap or cut into 1-inch pieces. Wash and drain prepared beans.

Blanch: Water blanch small pieces 2 minutes and large pieces 3 minutes. Cool quickly

in several changes of cold water, and drain well in a colander.

Pack: Pack into airtight freezer containers, leaving 1 inch headspace. Seal, label and freeze.

Freeze no more than 2 pounds of food per cubic foot of freezer capacity per day. A cubic foot will hold 7.4 gallons.

CANNING

Pressure canning: Pressure canning is the ONLY safe method for canning beans. Place jar rack, 2 inches of water and sealed jars in canner. Fasten lid and heat canner on high heat. After exhausting a steady stream of steam for 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing when the desired pressure is reached.

When processing is complete, remove canner from heat. Air-cool canner until it is fully depressurized. Then slowly remove weighted gauge or open petcock, wait 2 more minutes, and unfasten and carefully remove canner lid.

Remove jars from canner with a jar lifter and place them on a towel or rack. DO NOT retighten screw bands. Air-cool jars 12 to 24 hours. Remove screw bands and check lid seals. If the center of the lid is indented,

wash, dry, label and store jar in a clean, cool, dark, dry place.

If after 12 to 24 hours the lid is still unsealed, examine and replace jar if defective, use a new lid and a screw band, and RE-PROCESS as before. Dump out beans and liquid into a pan, reheat until boiling, fill hot jars with beans and liquid, leaving 1 inch headspace. Place NEW LIDS and screw bands on jars and process for the time recommended on the next page. When jars have sealed and cooled, remove, wash and store screw bands separately.

Beans are best if consumed within a year and safe as long as lids remain vacuum sealed.

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Prepare beans: Select filled but tender, crisp pods. Remove and discard diseased and rusty pods. Wash beans and trim ends. Leave whole or cut or snap into 1-inch pieces.

Raw pack: Wash jars. Pack beans tightly into jars, leaving 1 inch headspace. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Fill jars within 1 inch of top with boiling water. Remove air bubbles. Adjust lids. Process in a pressure canner.

Hot pack: Wash jars. Cover beans with boiling water. Boil 5 minutes. Pack hot beans loosely into hot jars, leaving 1 inch headspace. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Fill jars to within 1 inch of top with boiling cooking liquid. Remove air bubbles. Adjust lids. Process in a pressure canner.

Yellow and Green Beans in a Dial-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (pounds pressure) at altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	20 min.	11 lb.	12 lb.	13 lb.	14 lb.
Raw	Quarts	25	11	12	13	14
Hot	Pints	20	11	12	13	14
Hot	Quarts	25	11	12	13	14

Yellow and Green Beans in a Weighted-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (pounds pressure) at altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Raw	Pints	20 min.	10 lb.	15 lb.
Raw	Quarts	25	10	15
Hot	Pints	20	10	15
Hot	Quarts	25	10	15

Hamburger Pie

- 1 small onion, chopped
- 1 pound lean ground beef
- ¼ teaspoon oregano
- 1 can tomato soup, undiluted
- 1 pint canned green beans, drained
- 1 clove garlic, minced
- salt and pepper, if desired
- 3-4 cups mashed potatoes (leftovers may be used)

Sauté onion in hot fat until transparent. Add garlic and sauté over low heat. Add meat and seasonings and cook until brown. Drain excess fat. Add green beans and soup to meat and mix well. Pour into greased 1½-quart casserole. Spoon mashed potatoes on top, or use an ice cream scoop to make mounds. Sprinkle with red paprika or Parmesan cheese. Bake 30 minutes at 350 degrees F.

Pickled Dilled Beans (8 pints)

- 4 pounds fresh, tender green or yellow beans (5 to 6 inches long)
- 8 to 16 heads fresh dill OR substitute 1 teaspoon dried dill seed for each head fresh dill
- 8 cloves garlic (optional)
- ½ cup canning or pickling salt
- 4 cups white vinegar (5% acidity)
- 4 cups water
- 1 teaspoon hot red pepper flakes (optional)

Wash and sterilize jars. Wash beans thoroughly; drain. Trim ends and cut into 4-inch lengths. In each hot pint jar, place 1 to 2 dill heads and 1 clove of garlic, if desired. Pack whole beans lengthwise into jars, leaving ½ inch headspace. Trim beans to ensure proper fit, if necessary. Combine salt, vinegar, water and pepper flakes (if desired); heat to a boil. Pour boiling liquid over beans, leaving ½ inch headspace. Remove air bubbles. Adjust lids. Process in a boiling water canner.

Style of pack	Jar size	Process times (in minutes) at altitudes of		
		0-1,000 ft.	1,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	5 min.	10 min.	15 min.

Fresh Microwave Green or Wax Beans (6 to 8 servings)

- 1 pound green or wax beans
- ½ cup hot water

Wash beans and remove ends. Leave whole or cut into 1- to 2-inch pieces. Combine beans and hot water to cover in a deep 2-quart casserole dish. Cover and set microwave at full power (HIGH, 600-650 watt oven) for 6 to 7 minutes or until tender, stirring once. Let stand covered for 5 minutes. Drain and serve.

For a more tender bean, add ⅛ to ¼ cup more water and cook for 2 to 4 minutes longer.

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