

Quick Fridge Pickles

MAKES ~2 QUARTS



Ingredients:

- 2, quart-sized containers or jars with lids
- About 1-2 lbs of your favorite vegetables: we recommend carrots, cauliflower, turnips, onions, cucumbers, green beans, other sturdy vegetables.
- 2-4 cloves of garlic, smashed
- 1-2 jalapeños (optional)
- 3 cups vinegar
- 3 cups water
- 2 tsp each of sugar and salt
- About 1 tsp each of 2 spices: we recommend black peppercorns, oregano, dill, mustard seeds, or cumin seeds.

Directions:

1. Cut up your vegetables into bite-sized pieces. We recommend coin shapes or sticks.
2. Smash your garlic and slice your jalapeño (optional) and put 1/2 of each at bottom of jars. If you want more spice, leave the seeds and veins in the jalapeño.
3. Mix the vinegar, water, sugar, salt, and spices in a pot. Bring to boil.
4. Turn heat to medium and add vegetables. Simmer vegetables for about 15 minutes or until root vegetables are soft. If using softer vegetables, like cucumber, no need to simmer them.
5. Using a slotted spoon or fork, transfer cooked veggies to jars.
6. Using a ladle or spoon, pour brine over veggies to cover.
7. Using a hot pad or rag, spin jar or tap gently to let air bubbles escape. Secure lid on jar and put in fridge until cool.

Will last up to 3-4 weeks in the fridge!