

GREEN BEANS / STRING BEANS

1. Wash the vegetable
2. Snip off ends, continue as is or cut into 1" pieces.
3. Steam blanch for 4 minutes.
4. Drain the vegetables.
5. Dehydrate green beans at 130°F until crisp.

Dried green beans are best served in hot dishes like stews, soups, casseroles. You can add dried green beans directly to soups and stews... just add a little extra liquid to the recipe.

OR To re-hydrate, soak in cold water for 2 hours, or in hot water for 1 hour. After soaking, simmer until tender.

Texture change: My green beans tend to be a little on the crunchy side.