

How to Process Snap Beans for Freezing

Wash and dry snap beans. Trim and discard ends, then slice into 1 inch (2.54 cm) rods.

Fill a large pot with water, and bring to boil over high heat; add the beans (photo below, left); as the snap beans cook, they will start turning a bright shade of green (photo below, centre). Keep pot on the stove only until beans are mostly bright green, to avoid them turning dull and soggy. Remove from heat, drain, rinse in cold water, and drain again (photo below, right):



Pack in containers with lid, or freezer bags, removing as much air as possible. Label before placing in the freezer:

