

Pickled Mini SWEET PEPPER RINGS

A mixture of Pickled Mini Sweet Pepper Rings will add incredible color and flavor to quesadillas, salsa, pizza, salads, and so much more!



Nutrition Facts

| | |
|------------------------------|--------------|
| servings per container | |
| Serving size | (59g) |
| Amount per serving | |
| Calories | 20 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 550mg | 24% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 1g | |
| Includes 1g Added Sugars | 2% |
| Protein 0g | |
| Vitamin D 0mcg | 0% |
| Calcium 1mg | 0% |
| Iron 0mg | 0% |
| Potassium 1mg | 0% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 15 minutes
Cook time: 2 minutes
Serves: 2 Quarts

INGREDIENTS:

4 8oz. bags of Mini Sweet Peppers
2 1-quart mason jars
1-liter white wine vinegar or pickling vinegar
12 tbsp. white sugar
12 tbsp. salt
2 tsp. mustard seeds
1 tbsp. crushed red pepper flakes
2 tbsp. coriander seeds
2 tbsp. black peppercorns
4 cloves garlic, sliced
1 tbsp. crushed bay leaves
2 tbsp. thyme
Water

CHEF'S TIP:

For best results, leave your Peppers to marinate in the pickling mixture for at least 1 week before eating. If you don't have all the pickling spices on hand, you can also substitute a pre-made pickling mixture! You can also pickle your Mini Sweet Peppers whole to cut down on the preparation process.

STEPS:

- Wash Mini Sweet Peppers before preparing.
- Sterilize mason jars before preparing Peppers.
- Slice Mini Sweet Peppers to create Pepper rings.
- Pour water into each mason jar to come within ½ inch from the rim.
- Take mason jar and pour water to fill up a measuring cup. Note the volume, pour off half the water, and replace it with vinegar to bring back to full volume. Add 2 tablespoons salt and 2 tablespoons sugar for every 3 cups of the water-vinegar mixture. Repeat for second mason jar.
- Pour vinegar mixture into a sauce pan and add all secondary ingredients.
- Bring vinegar mixture to a boil on high heat for 2 minutes. Remove from heat.
- Pack Pepper rings of all three colors into mason jars. Pour liquid into jars to fully cover the Pepper rings. Screw on lids tightly.
- Refrigerate for up to 1 month, leaving longer for stronger pickle flavor.



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