

PICKLED VEGGIE BRINE

Easily pickle your favorite veggies in this quick method to savor the nutrients in this yummy brine.

| SERVINGS | SERVING SIZE | TIME TO MAKE |
|----------|--------------|--------------|
| 24 | 1/4 CUP | 20 MINUTES |

INGREDIENTS

BRINE INGREDIENTS

- 1 3/4 cup water
- 1 3/4 cup white vinegar
- 1 Tablespoon sugar
- 1 Tablespoon salt
- 1/3 thinly sliced jalapeños (optional)
- 1 fresh bay leaf
- 1/4 tsp black pepper
- 3 garlic cloves
- Spices (thyme, basil, dill, etc.) (optional)

VEGGIES

- Onions, cabbage, carrots, cauliflower, cucumbers to name a few, thinly sliced

DIRECTIONS

1. Using a clean jar or container for the pickled food, add thinly sliced vegetable of choice (onions, carrots, cabbage, cauliflower, etc. and/or combination of any of these), black pepper, garlic cloves, and fresh bay leaf and desired spices (basil, thyme, etc.), jalapeños (optional).
2. Using a sauce pan, add water, white vinegar, sugar, salt
3. Bring to a simmer, stirring until salt and sugar are dissolved.
4. Remove from heat
5. Pour the brine into the jar until it is fully covered with minimal space at the top, but close to the top of the container.
6. Cover with a lid.

7. Let rest until cooled then place in fridge. This should seal the container, but just in case, keep this in the fridge unless you want to do a water bath for a full canning process.
8. Can be enjoyed later that day once chilled.
9. Stays fresh for about 3 weeks.
10. Enjoy!

- TIPS: These have some heat given the seeds from jalapeños. Adding other herbs and spices can also create some different flavors.
- Allowing to sit for a few days, intensifies the flavors
- Can be placed on sandwiches, salads, or a topping of starches! Possibilities are endless.

Nutritional Information per serving: 7 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 291 mg Sodium, 1 grams Total Carbohydrates, 0 gram Fiber, 1 grams Sugar, 0% Vitamin A, 0% Vitamin C, 0% Calcium, 0% Iron

*Brine ingredients are only calculated, vegetables not included in nutritional information, the brine contains a lot of salt, be mindful in consumption of the brine