

# How to Freeze Green Beans

**Step 1:** Trim green bean ends

**Step 2:** Cut the beans into bite-size pieces

**Step 3:** Blanch the green beans

Bring a large pot of water to boiling. Allow 1 gallon of water per pound of green beans

Fill a large bowl or sink with ice water.

Working in batches, carefully lower the green beans into the boiling water.

Boil small beans for 2 minutes, medium beans for 3 minutes, and large beans for 4 minutes.

Cool the beans quickly by plunging them into ice water.

After the beans have cooled, drain them from the ice water.

**Step 4:** Pack the drained beans into freezer containers or bags.

Shake each bag or container to compact the beans.

Add more beans, leaving a 1/2-inch headspace, squeeze out the air.

**Step 5:** Label each container or bag with its contents, amount, and date. Lay bags flat; add bags or containers to freezer in batches to make sure they freeze quickly. When frozen solid, the bags or containers can be placed closer together. Use frozen green beans within 8 to 10 months.