

Makes 4 cups (1L)

## INGREDIENTS

3 cups (750ml) **Eatmore Sprouts Mixed Bean Sprouts**  
(approx. 2 packages)

¾ cup (180ml) white vinegar

2 tsp. (10ml) salt

1 tsp. (5ml) sugar

½ tsp. (25ml) black peppercorns

1 tsp. (5ml) caraway seeds

6 sprigs dill

2 cloves garlic, peeled

## Quick Pickled Mixed Bean Sprouts

vegetarian

nut free

- Bring vinegar, water, salt, sugar, peppercorns and caraway seeds to a boil in a small saucepan.
- Stir to dissolve salt and sugar.
- Allow vinegar mixture to cool slightly.
- Fill jars ¾ full of **Mixed Bean Sprouts**, dill and garlic.
- Pour brine over **Mixed Bean Sprouts**, and allow to sit in the fridge, a minimum of 48 hours.



Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at [www.eatmoresprouts.com](http://www.eatmoresprouts.com)

