



Roasted Mary with Hot Pickled Green Beans

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon agave syrup
- 0.8 teaspoon pepper black freshly ground
- 2 teaspoons peppercorns whole black
- 4 teaspoons celery salt
- 2 cups cider vinegar
- 2 teaspoons mustard dry
- 2 cloves garlic peeled
- 6 cloves garlic minced peeled

- 3 tablespoons extra-hot horseradish
- 6 servings ice cubes for serving
- 1 jalapeño seeded
- 0.8 teaspoon kosher salt
- 1 tablespoon juice of lime fresh very thinly sliced
- 1 tablespoon olive oil
- 0.3 cup onion
- 1 chile red sliced in 8 long strips *see cook's note
- 2 teaspoons sea salt divided
- 1.5 pounds string beans trimmed
- 6 pounds tomatoes
- 4 teaspoons pickled vegetable juice
- 12 ounces vodka per cocktail)
- 1.5 cups water
- 1 teaspoon pepper white
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- sauce pan
- oven
- pot
- blender
- glass baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Wash and dry the tomatoes and remove the stems.

- Put the tomatoes, garlic, onions and jalapeno in a large glass baking dish (9 by 13-inch).
- Drizzle the vegetables with olive oil and sprinkle with salt and pepper.
- Bake until just starting to brown, about 45 to 60 minutes.
- Remove from the oven, let cool and put through a food mill to remove the seeds and skin.
- Add the mixture to a medium bowl and puree with stick blender.
- Pour into a large glass container and refrigerate. When cool, add the seasonings and the pickled vegetable juice and stir well.
- For service, add a few pickled green beans to each glass, fill with ice, and add 2 ounces vodka.
- Pour in the prepared tomato juice, stir and serve immediately.
- *Cook's Note: Seeds-in for hot, seeds-out for medium-hot. If you cannot find a red chile, substitute 2 jalapenos. A red chile is a ripened jalapeno.
- In a small saucepan, over high heat, bring the water to a boil, then turn off the heat and add 1 teaspoon salt and the agave, stirring until dissolved.
- Remove from heat and let cool.
- In a glass bowl, add the vinegar, lime juice, lime slices, peppercorns, chile peppers, and whole and minced garlic. Stir in the cooled salt-agave water mixture.
- Wash and trim the green beans. Bring a large pot of water to a boil over medium heat. Stir in the remaining 1 teaspoon of salt, then add the beans. Cook until the beans begin to turn bright green and are just tender, about 3 to 4 minutes.
- Remove from heat and drain. Rinse immediately with cold water and put them in an ice bath for 10 minutes.
- Drain well.
- If you are canning, prepare the jar(s) according to processing directions, add the beans and then cover with the vinegar chile pepper mixture. Process in a canning pot for 3 minutes, remove and cool.
- You can also put them in sterilized jars and refrigerate instead of doing the canning process. Just keep under refrigeration and eat within 1 month. Whichever method suits you best, allow these to marinate for 48 hours before eating.

Nutrition Facts

 PROTEIN **14.31%**  FAT **20.63%**  CARBS **65.06%**

Properties

Glycemic Index:75.5, Glycemic Load:8.99, Inflammation Score:-10, Nutrition Score:29.946956618972%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 338.09kcal (16.9%), Fat: 4.98g (7.66%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 35.33g (11.78%), Net Carbohydrates: 25.8g (9.38%), Sugar: 19.55g (21.72%), Cholesterol: 3.33mg (1.11%), Sodium: 2740.67mg (119.16%), Alcohol: 18.94g (100%), Alcohol %: 2.76% (100%), Protein: 7.77g (15.54%), Vitamin C: 93.98mg (113.91%), Vitamin A: 4697.78IU (93.96%), Vitamin K: 91.24µg (86.9%), Manganese: 1.32mg (65.8%), Potassium: 1493.55mg (42.67%), Fiber: 9.53g (38.11%), Vitamin B6: 0.65mg (32.45%), Folate: 115.69µg (28.92%), Magnesium: 94.35mg (23.59%), Vitamin E: 3.48mg (23.22%), Copper: 0.44mg (22.23%), Vitamin B1: 0.31mg (20.83%), Vitamin B3: 4.05mg (20.27%), Phosphorus: 190.77mg (19.08%), Iron: 3.33mg (18.5%), Vitamin B2: 0.26mg (15.12%), Calcium: 123.19mg (12.32%), Zinc: 1.39mg (9.29%), Vitamin B5: 0.78mg (7.84%), Selenium: 4.93µg (7.04%)