Green Bean Bundles

Description

Fresh green beans and bacon! YUM!



Summary

Yield: 6
Prep Time: 30 minutes
Category: Vegetables
Cuisine: American
Tags: Thanksgiving

Ingredients

- 1/2 cup olive oil
- 2 tbsp apple cider vinegar
- 2 tsp dijon mustard
- 1 tbsp dried minced onion
- 1 tbsp sugar
- 1/4 tsp dried tarragon
- 1/4 tsp cajon seasoning
- 1/2 tsp kosher salt
- 1/2 tsp pepper

Instructions

Whisk together all of the ingredients for the marinade and set aside.

Bring a large pot of water to boil and drop beans in.

Return to a boil and boil for 10 minutes. Beans need to be very tender.

Drain, return to the pot, cover with ice and water to stop the cooking process and retain color.

Drain green beans, place in a non-reactive bowl, and pour the marinade over beans and toss; set aside for 1 hour, tossing occasionally.

Meanwhile, precook the bacon enough to render the fat, but not until crisp.

Preheat the broiler when ready to cook. Cover a shallow rimmed baking sheet with aluminum foil.

Bundle beans (I do 6 beans per bundle) and wrap one slice of bacon around the bundle, securing with a toothpick if needed, and reserving any leftover vinaigrette; place bundles on the foil.

Sprinkle bundles with salt and pepper.

Place tray under the broiler, with the door ajar, for about 3 to 5 minutes per side, turning at least once, or until bacon is cooked as desired on both sides.

Place bundles on a serving tray and serve as is, or drizzle the remaining vinaigrette over the top; serve immediately.

Cook's Notes: These can be a little time intensive in prepping, but can be prepared and bundled ahead of time. Allow to come to room temperature before cooking. Can also substitute 2 (15 ounce) cans of whole green beans and omit the boil and shock process needed with the fresh beans.

Oven Method: Preheat oven to 350 degrees F. Place beans in a baking pan, and bake for about 30 minutes, turning at least once. Finish under the broiler to crisp bacon, if desired. Serve immediately.

To Grill: Preheat all burners on high, then reduce to medium. Cook over direct heat, turning several times until bacon is cooked through. Serve immediately.

Notes

How many bundles this makes ultimately depends on how you bundle them. I made 12 bundles of 6 from one pound of fresh green beans, and I would say to plan for about 2 to 3 bundles per person, depending on what else you are serving at the meal. Once you get everything prepped and get your bundling pattern going, they don't really take that much time, but if you're making a bunch of them for a cookout or party, you can do the prep, marinating and bundling all ahead of time.