

# Escabeche Recipe (Mexican Pickled Vegetables)

Homemade Escabeche (Mexican Pickled Vegetables) is a quick pickle recipe made with jalapeno peppers, carrot, and red onion.



4.93 from 27 votes

Prep Time

5 mins

Passive Time

30 mins

Total Time

35 mins

Course: Condiment Cuisine: Mexican

Keyword: Game Day, Gluten Free, Vegan, Vegetarian Servings: 2 cups Calories: 104kcal

## Ingredients

- 1 small red onion sliced thin
- 2 medium carrots sliced thin
- 1 large jalapeno sliced into thin rings
- 1/2 teaspoon ground coriander (or 3/4 teaspoon coriander seeds)
- 1/4 heaping teaspoon ground cumin (or 1/2 teaspoon cumin seeds)
- 1 1/2 cups apple cider vinegar
- 3/4 cup water
- 2 teaspoons sugar
- 1/2 teaspoon salt

## Instructions

1. Cut the vegetables and place them in a pint sized mason jar (or two). Use more or less of any vegetable as desired.
2. If using whole seeds, toast them in a small pot over medium heat until fragrant, approximately 2 minutes.
3. Add the vinegar, water, sugar, and salt to the pot (and add the ground spices here if using ground instead) and bring to a boil.
4. Remove the pot from the heat and pour the vinegar mixture into the jars over the vegetables. Let cool and refrigerate at least 30 minutes.

## Notes

Coriander seeds and cumin seeds are technically best for pickling, but ground coriander and ground cumin are more accessible, they just make a cloudy brine. So use whatever you like!

Using mason jars are a perfect way to store these vegetables!

## Nutrition

Serving: 1 cup | Calories: 104kcal | Carbohydrates: 17g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 640mg | Potassium: 406mg | Fiber: 3g | Sugar: 10g | Vitamin A: 10266IU | Vitamin C: 16mg | Calcium: 45mg | Iron: 1mg

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*Escabeche Recipe (Mexican Pickled Vegetables)* <https://www.threeolivesbranch.com/homemade-escabeche-mexican-pickled-vegetables/> May 17, 2020