

# How to Make Pickled Onions Without Sugar

## Ingredients

- 2 cups water
- 2 cups distilled vinegar
- 1 tablespoon salt
- Onions (thinly sliced, any variety)
- Sliced bell pepper (for color and added sweetness)
- Garlic cloves (peeled)
- 1 slice ginger (peeled)
- 1 jalapeño (optional, stem removed)
- Black peppercorns

## Instructions

### 1. Prepare the Brine:

- Combine water, vinegar, and salt in a saucepan.
- Stir until the salt dissolves, then bring the mixture to a boil. Simmer for 10 minutes and turn off the heat. Let the brine cool slightly.

### 2. Assemble the Jar:

- Layer the sliced onions, bell peppers, garlic cloves, ginger, and jalapeño in a clean glass jar. Add black peppercorns halfway through.

### 3. Pour the Brine:

- Carefully pour the warm brine over the vegetables, ensuring they are fully submerged.

### 4. Cool and Store:

- Let the jar cool to room temperature, then seal it tightly and refrigerate for at least 1 week before enjoying.

### 5. Storage:

- These pickles will keep for up to 2 months in the refrigerator. Shake the jar occasionally to redistribute the flavors.