

Putting Up the Harvest Part 2 “Carefree Canning”

Presented by by Debbie Kent peaceofpreparedness.com



“We renew the counsel given to the Saints from the days of Brigham Young until now—be honest, truthful, industrious, frugal, thrifty. In the day of plenty, **prepare for the day of scarcity**. The principle of the fat and lean kine is as applicable today as it was in the days when, on the banks of the Nile, Joseph interpreted Pharaoh's dream. Officials now warn us, and warn again, that scant days are coming.

As the Church has always urged since we came to the valley, so now we urge every Church householder to have a year's supply of essential foodstuffs ahead. **This should so far as possible be produced by each householder and preserved by him.** This course will not only relieve from any impending distress those households who so provide themselves but will release just that much food to the general national stores of foodstuffs from which the public at large must be fed. **The utmost care should be taken to see that foodstuffs so produced and preserved by the householder do not spoil, for that would be waste and the Lord looks with disfavor upon waste.** He has blessed His people with abundant crops; the promise for this year is most hopeful. ***The Lord is doing His part; He expects us to do ours.***” First Presidency Message, in Conference Report, Apr. 1942

History of Canning



The canning process dates back to 1795 in France when the Emperor Napoleon Bonaparte, concerned about keeping his armies fed, offered a cash prize of 12,000 francs to whoever could develop a reliable method of food preservation. Nicholas Appert conceived the idea of preserving food in bottles, like wine. After 15 years of experimentation, he realized if food is sufficiently heated and sealed in an airtight container, it will not spoil.

The basic principles of canning have not changed dramatically then. Heat sufficient to destroy microorganisms is applied to foods packed into sealed, or "airtight" containers. The amount of time needed for processing is different for each food, depending on the food's acidity, density and ability to transfer heat. For example, tomatoes require less time than green beans, while corn and pumpkin require far more time.



Canned Foods...How Healthy Are They?

Canned foods maintain mineral content for entire shelf life. Vitamins A & C decrease rapidly after fruits and vegetables are picked and canned, however, once canned, vitamin A & C loss slows dramatically. Other vitamins remain close to fresh food levels. Salt or sugar are not necessary for safe canning and only added for flavoring. According to a 1997 University of Illinois study and other recent studies, the canning process actually may help to enhance the nutrient profile of certain foods. 1/2 cup of canned pumpkin, for example, contains over 600% of the recommended daily intake of vitamin A, while the same amount of fresh pumpkin has only 143%. Other foods like canned beans have higher fiber content, and canned tomatoes contain significantly higher quantities of lycopene, than fresh tomatoes. Basically the fresher the food is that you can, the healthier it will be.

How Long Will Canned Food Store?



As a general rule, unopened home canned food will taste best if eaten within 2 years. Commercially canned foods *retain their best quality*, usually 2-5 years from the manufacture date. High acid foods, like tomato products, usually have a shorter shelf life than low acid foods. **For long term storage, commercially canned foods in metal or jars and properly processed home canned food will remain safe to consume as long as the seal has not been broken.** (That is not to say the quality will be retained for that long)

If you do the following, your food should safely store for many years:

- 1) Use fresh foods, properly washed and prepared
- 2) Cut to recommended sizes and pack loosely to insure proper heating of food.
- 3) Put lids on jars and process quickly after filling to avoid growth of microorganisms.
- 4) Process for the full time recommended in canning.
- 5) Use tested canning methods: water bath (high acid) and pressure canner (low acid).
- 6) Do not leave jars in canner after processing times have ended. Let cool on rack or towel with space between jars.
- 7) Using paraffin to seal jelly jars, is Not Safe.

8) Store in cool, dark, dry place. Exposing to high heat can cause bacterial growth.

Canning Supplies

Most canning uses the same basic supplies. These supplies can be found online at lehmans.com, several canning sites, or locally at Walmart and Winco and a variety of other stores. You can even find many items at garage sales or thrift stores. If buying a used pressure canner, be sure and have it tested before using. You can also borrow them from family and friends if needed.



Good Canning Book: This is a **MUST** for canning. Canning is really easy, BUT in order for it to be safe, you must follow the directions and canning times and pressures for your altitude. There are many to choose from including: The Blue Ball Book, Complete Guide to Home Canning and Preserving, etc. You can even download the USDA Complete Guide to Home Canning, 2006 for free on the website for the National Center for Home Food Preservation at uga.edu/nchfp



Tools: *Funnel* is used to easily and neatly fill your jars with food; *jar tongs*-make it easy to grip your jars to lift them in and out of the canner; *lid tongs* or lid lifter: makes it easy to lift the hot lids and put them on the jar



Lids and Rings: Gaskets in unused lids work well for at least 5 years from date of manufacture. The gasket compound in older unused lids may fail to seal on jars. Buy only the quantity of lids you will use in a year. To ensure a good seal, carefully follow the manufacturer's directions in preparing lids for use. Examine all metal lids carefully. Always use NEW lids. Do not use old, dented, or deformed lids or lids with gaps or other defects in the sealing gasket.



Recommended Jars and Lids: Regular and wide-mouth home-canning jars with self-sealing lids are the best choice. They are available in 1/2 pint, pint, 1 1/2 pint and quart sizes. With careful use and handling, canning jars may be reused many times, requiring only new lids each time. When jars and lids are used properly, jar seals and vacuums are excellent and jar breakage is rare. Do NOT use mayonnaise or salad dressing jars as the glass is weaker and there will be seal failures and jar breakage.



Screw-on plastic caps turn regular mason jars into practical storage containers for dried foods, leftovers or household items. After opening home canned foods, replace the two piece caps with these plastic caps to store leftovers. Each box includes 8 reusable dishwasher-safe plastic caps. Fits either Ball or Kerr mason canning jars. ***These storage caps are not intended for heat processing.***



Water Bath Canner to can high acid foods such as: jams, jellies, and most fruit. Usually made from black ceramic on steel and holds seven quart jars. It has a stain and odor-resistant surface, high efficiency, quick boiling

performance. Rust-proof aluminum rack included, easy-to-clean and dishwasher-safe.



Pressure Canner: For canning: vegetables, meats and meals. Modern pressure canners are lightweight, thin-walled aluminum or stainless steel kettles. Most have twist-on lids fitted with gaskets. Some have screw-down knobs around the lid on the canner. They have removable racks, a weighted steam vent, and a safety vent. Some have a **dial gauge** for indicating the pressure (must be checked each year by an extension office) or a **weighted gauge** (which both regulates the pressure and indicates, by rattling the pressure) and a dial gauge (this does not need to be checked). Pressure canners can usually have room for one or two layers of quart or up to 3 levels of pints.



Pressure cooker: NOT for canning, but can be used to cook food faster.



Gasket (dial gauge pressure canner) which has to be replaced every 5 years or so or **non-gasket** (weighted gauge pressure canner) which will last for generations.



Pressure Gauge Canners have a safety valve (no exploding lids) and a gauge. The gauge must be watched during the canning process to make sure the pressure doesn't drop. If it does you have to start the timing process over again. You can buy one for about \$60.



Weighted Pressure Canner: these have a gauge (on left) and a weight (on right) also safety valve. When the gauge reaches the desired pressure (15 lbs for altitudes over 1000 feet) the weight will start to rattle, optimally, 1-4 times per minute, and will continue throughout the process time. Do not open until pressure drops to 0 (about 30 minutes after heat is turned off).



Racks are used on the bottom of the canner to prevent breakage and in the middle between rows of bottles, so you can fit more jars in the canner.

Canning the Easy Way



No matter if you are canning: jams/jellies, fruits, vegetables or meats.

There are a few easy steps that apply to all of them. For more thorough instructions please see the resource section at the end of the handout.

For specifics on processing particular foods please refer to your canning book.

What is your Altitude?

When canning, how far you live above sea level is very important in determining what pressure you will can at and for how long. Where I live in the Antelope Valley, the altitude is about 2400 feet above sea level. This means I would can at 15 lbs pressure in my pressure canner.

Don't know your altitude, listed below are some places you can find out what it is.

Find Your Altitude: Usually, you can find your altitude at your local planning commission or zoning office, on a webpage about your town or city, or contact your local Cooperative Extension Office. Here is an on-line tool:

US Geological Survey elevation search tool at

<http://geonames.usgs.gov/pls/gnispublic/f?p=106:1:2347246709575936>

Enter city name, state, and county. There are multiple listings for a county provided.

Then press enter query. It will bring up a list of places in your area and their altitude.

Testing Pressure Gauge



If are using a Pressure canner with a pressure gauge (not weighted) you must have it tested each year. You can contact your manufacture or your local Extension office where they will do it for free. Contact (323) 260-3351 to find a testing center near you.
For Los Angeles area call 909-387-2194 (San Bernardino-Master Food Preserver Program)

Step 1: Clean Environment

Keeping your area and hands clean with produce safer canned products.



Step 2: Gather your supplies. Your canning experience will go much quicker and be less frustrating if you have all your supplies together before you start.



Step 3: Check Jars

Inspecting your jars for cracks and feeling for chips on the rims will help eliminate jar breakage.



Step 4: Washing and Sterilizing Jars and Heating Lids and Rings:



Washing Jars: Before every use: wash empty jars in hot water with detergent and rinse well by hand, or wash in a dishwasher. Empty jars used for vegetables, meats, and fruits to be processed in a pressure canner need not be sterilized. It is also unnecessary to sterilize jars for fruits, tomatoes, and pickled or fermented foods that will be processed 10 minutes or longer in a boiling-water canner. If they will be processed less than 15 min., then sterilize 10 min, and keep hot.

Sterilizing: All jams, jellies, and pickled products processed less than 10 minutes should be filled into sterile empty jars. To sterilize empty jars, put them right side up on the rack in a boiling-water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil 1 additional minute for each additional 1,000 ft elevation. Remove and drain hot sterilized jars one at a time. Save the hot water for processing filled jars. Fill jars with food, add lids, and tighten screw bands.

Lids and Rings: The common self-sealing lid consists of a flat metal lid held in place by a metal screw band during processing. The flat lid is crimped around its bottom edge to form a trough, which is filled with a colored gasket compound. When jars are processed, the lid gasket softens and flows slightly to cover the jar-sealing surface, yet allows air to escape from the jar. The gasket then forms an airtight seal as the jar cools. Heat lids and rings in hot water for 10 minutes, simmer to keep warm.

Step 5: Prepare Canner by adding correct amount of water to it and putting it on stove, ready to load with jars. Add warm water if directed to.



Step 6: Prepare Food for the Cans

Fruits and Vegetables:

Pick non-bruised

Blanch if needed

Pop-skins off

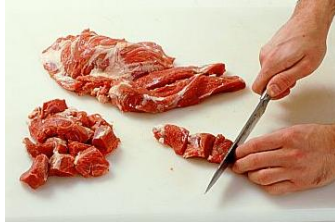
Peel and Seed

Cut into bite sizes



Meat:

Cut into bite sized pieces



Lightly brown (hot pack method)



Step 7: Pack Food into Jars

Follow directions for packing for food into jars.

Cold Pack Method: Prepare food without heating and pack loosely into jars.

Hot Pack: Partially cook food, pack into hot jars.

Jam/Jelly



Fruit



Vegetable

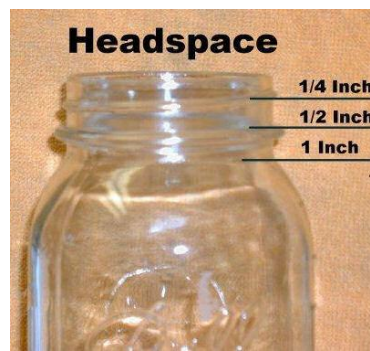


Meat



Step 8: Add Liquid

Following your recipe directions, add liquid, be sure and leave the proper headspace.



Step 9: Remove the Air Bubbles



After filling jars with food, release air bubbles by inserting a flat plastic (not metal) spatula between the food and the jar. Slowly turn the jar and move the spatula up and down to allow air bubbles to escape.

Step 10: Closing the Jar

Wipe the rim of jar



Place hot lid on top



Screw on ring and tighten



Adjust the headspace and then clean the jar rim (sealing surface) with a dampened paper towel. Place the hot lid, gasket down, onto the cleaned jar-sealing surface. Un-cleaned jar-sealing surfaces may cause seal failures. Then fit the metal screw band over the flat lid. Follow the manufacturer's guidelines enclosed with or on the box for tightening the jar lids properly.

- If rings are too loose, liquid may escape from jars during processing, and seals may fail.
- If rings are too tight, air cannot vent during processing, and food will discolor during storage. Over tightening also may cause lids to buckle and jars to break, especially with raw-packed, pressure-processed food.

Step 11: Put in Canner, carefully, leaving space between the jars and cover and lock the lid down if using pressure canner.



Step 12: Processing

Follow your recipe's directions for processing times and pressure for your altitude.

If water bath canning; timing starts after the water is boiling. If using pressure canner with gauge, timing starts AFTER steam has been released for ten minutes and weight has been added; check gauge for pressure, when it reaches the proper pressure (with weighted gauge it will be rattling), THEN you start timing. Check gauge frequently during canning to be sure pressure doesn't drop, if it drops below needed pressure, start timing over. Set Timer: Be sure and take into account your altitude.



Step 13: Remove Jars

When the timer goes off, turn the heat off, you can carefully remove the lid and remove the jars using the jar lifter. Hold them over the canner for a moment until they stop dripping and so IF your jar breaks it won't break all over you or the floor. For pressure canners, turn off the heat; wait until the pressure returns to ZERO; then remove weight and be sure there is no more steam escaping, then un-tighten the lid and remove the jars as described above.



Step 14: Cooling and Testing Jars



Cooling Jars: Carefully place jars either on cookie cooling rack or on towel, leaving air space between jars so they will cool evenly.

Testing Jars: As the jars cool the lids will pull down and seal. They make a little pinging sound. Resist temptation to press the lids at this point. Just leave the jars alone until completely cool. This may take 12 hours. After jars have cooled, NOW you may press on the lid to check the seal. The lid should be sucked down and not pop up. If you find a jar that did not seal, simply put the jar in the fridge and plan on using the food within a few days.

Do not retighten lids after processing jars. Screw bands are not needed on stored jars. They can be removed easily after jars are cooled. When removed, washed, dried, and stored in a dry area, screw bands may be used many times. If left on stored jars, they become difficult to remove, often rust, and may not work properly again.

Step 15: Clean and Label and Date



Cleaning off your jars will make it easier to handle and open them later on. You will want to label you jars with what is in it. This can be done simple with a permanent marker or if you are creative you can make fancy labels. Don't forget to DATE them too.

Step 16: Storing Your Food After all this work you will want to protect your investment. Store in a cool, dark, place. Make shelves earthquake safe if possible.



Resources



You can always ask your grandmother or an older friend or neighbor to show you how to can. Many of them were raised during the depression when canning was the only way to preserve the summer harvest for food to eat in the fall, winter and spring. Or you can venture out on your own, check out the following websites and learn how easy it is to **Put Up the Harvest.**



CanningUSA.COM



You can watch videos or download and print out a free canning book from:

National Center for Home Food Preservation: uga.edu/nchfp

Freshpreserving.com

SimplyCanning.com

youtube.com (many step-by-step canning videos)

CanningUSA.com (canning information and videos)

Find **Gleaning Club** in your area



"The little garden and the few trees are very valuable. I remember when the sisters used to say, "Well, but we could buy it at the store a lot cheaper than we can put it up." But that isn't quite the answer...Because there will come a time when there isn't a store"

Spencer W. Kimball, *Conference Report*, Nov. 1974, p.4

Pickle Parable by Elder David A. Bednar, "You Must Be Born Again", Ensign May 07
"As a boy I always looked forward to canning season. I did not like scrubbing the canning jars or working in our hot kitchen. But I did like working with my mom and dad. And I loved eating my work! I am sure I ate more fruit than ever made it into any of our canning jars. My memories of time spent in the kitchen with Mom and Dad are stirred every time I see a bottle of home-canned cherries or peaches. The basic lessons I learned about temporal self-reliance and provident living while picking and canning produce have blessed me throughout my life. Interestingly, simple and ordinary experiences often provide the most important learning opportunities we ever have."



Some of us grew up canning, others did not, but we all can do it now. If it seems too much for you do to, gather some family or friends and have a canning day or more. It builds bonds, helps us to live providently, store what we grow and learn skills that will be invaluable in the days that lie ahead.

I love canning, especially meats. It is quick, easy and so satisfying to be able to look at the rows of jars of stew meat, mexican chicken and turkey and know I can just go to my shelf, grab a jar and be able to put a delicious, nutritious meal on the table in a very short period of time. It also brings peace to me because I know I will be able to feed my family, when times are lean, things that they love.

CANNING RECIPES

Use Your Canning book for specifics on times and pressures for your area.

Jam and Jelly

Fig Jam

By Lynn Gardner

3 cups crushed figs (I peel them but you don't have to)
1 (6 oz) pkg Jell-O (strawberry, raspberry, cherry etc.)
2 1/2 cups sugar
Combine figs, gelatin and sugar in a 4 quart simmer pot: I use large heavy glass bowl.) Stir well until sugar and gelatin are dissolved. Cover with waxed paper or loose plastic wrap and microwave on High 10 minutes, or until boiling, stirring once at about 6-7 minutes. Watch carefully as it will boil over. Microwave on High 3 minutes. Ladle into sterilized jars and seal immediately. When cool, place in freezer. Yields 5 (8 oz) jars

FRUITS

Apple Pie Filling

Rebekah Wilson

4 1/2 c. sugar
1/2 t. nutmeg
1 c. clear jel
1 t. salt
2 t. cinnamon
10 c. water
6 lb apples, peeled, cored, sliced (or reconstituted apples. soaked)
Mix in large pan. Cook until thick and bubbly. Add 3 T. lemon juice.
Put apples into 7 quart jars. Cover with sugar mixture, 1/2 inch from top. Process in water bath for 20 minutes.

VEGETABLES

Asparagus

(Ball Blue Book)

RAW PACK - Wash and drain tender, tight-tipped asparagus. Remove tough ends and scales. Wash again. Pack asparagus as tightly as possible without crushing into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired. Ladle boiling water over asparagus, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 30 minutes, quarts 40 minutes, at 10 pounds pressure in a steam-pressure canner.

HOT PACK - Wash and drain tender, tight-tipped asparagus. Remove tough ends and scales. Wash again. Cut asparagus into 1-inch pieces. Boil 3 minutes. Pack hot asparagus into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired. Ladle boiling water over asparagus, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 30 minutes, quarts 40 minutes, at 10 pounds pressure in a steam canner.

Beets

Select deep red beets 1 to 2 inches in diameter. Wash beets. Leave 2 inches of stem and tap root. Boil until skins slip off. Remove skins; trim. Slice, dice or leave beets whole. Pack beets into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired. Ladle boiling water over beets, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 30 minutes, quarts 35 minutes, at 10 pounds pressure in a steam-pressure canner.

Carrots

(Ball Blue Book)

RAW PACK - Wash and peel carrots. Wash again. Slice, dice or leave carrots whole. Pack carrots tightly into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired. Ladle boiling water over carrots, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 25 minutes, quarts 30 minutes, at 10 pounds pressure in a steam-pressure canner.

HOT PACK - Wash and peel carrots. Wash again. Slice, dice or leave carrots whole. Cover carrots with water; bring to a boil. Reduce heat; simmer 5 minutes. Pack hot carrots into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired. Ladle boiling water over carrots, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints minutes, quarts 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Corn - Cream Style

(Ball Blue Book)

RAW PACK - Husk corn; remove silk. Wash. Cut tip ends of kernels from cob. Scrape cob to extract milk and pulp. Only process in pints. Pack corn loosely into hot jars, leaving 1-inch headspace. Do not shake or press down. Add 1/2 teaspoon salt to each pint, if desired. Ladle boiling water over corn, leaving 1-inch headspace. Adjust two-piece caps. Process pints 1 hour and 35 minutes at 10 pounds pressure in a steam-pressure canner.

HOT PACK - Husk corn; remove silk. Wash. Cut tip ends of kernels from cob. Scrape cob to extract milk and pulp. Measure. Add 1/2 teaspoon salt and 1-1/4 cups boiling water to each pint of cut corn. Boil 3 minutes. Only process in pints. Ladle hot corn and liquid into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 1 hour and 25 minutes, at 10 pounds pressure in a steam-pressure canner.

Corn - Whole Kernel

(Ball Blue Book)

RAW PACK - Husk corn; remove silk. Wash. Cut corn from cob. Do not scrape. Pack corn loosely into hot jars, leaving 1-inch headspace. Do not shake or press down. Add 1/2 teaspoon salt to each pint cut corn, 1 teaspoon salt to each quart, if desired. Ladle boiling water over corn, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 55 minutes, quarts 1 hour and 25 minutes, at 10 pounds pressure in a steam-pressure canner.

HOT PACK - Husk corn; remove silk. Wash. Cut corn from cob. Do not scrape. Measure. Add 1/2 teaspoon salt and 1 cup boiling water to each pint cut corn, 1 teaspoon salt and 2 cups boiling water to each quart cut corn. Bring to a boil; reduce heat and simmer 5 minutes. Ladle hot corn and liquid into hot jars. Leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 55 minutes, quarts 1 hour and 25 minutes, at 15 pounds pressure in a steam-pressure canner.

Cucumber Relish

by Susan Davis Harrop

2 qts. chopped cucumbers	2 c. chopped sweet red peppers
2 c. chopped sweet green peppers	1 c. chopped onion
1 qt. vinegar	1 T. turmeric
1/2 c. salt	1 T. mustard seed
2 t. whole cloves	2 t. whole allspice
2 sticks cinnamon	1 1/2 c. brown sugar, packed

Combine cucumbers, peppers and onions; sprinkle with turmeric. Dissolve salt in 2 quarts cold water and pour over vegetables; let stand 3 to 4 hours. Drain; cover vegetables with cold water and let stand 1 hour. Drain thoroughly. Tie spices in a cheesecloth bag; add to sugar and vinegar. Heat to boiling and pour over vegetables. Cover and let stand 12 to 18 hours in a cool place. Simmer until vegetables are hot. Bring to boiling. Pack, boiling hot, into hot jars, leaving 1/8 inch head space. Adjust caps. Process 10 minutes. Yield: about 6 pints.

Green Beans

(Ball Blue Book)

RAW PACK - Wash and drain beans. Remove string, trim ends and break or cut freshly gathered beans into 2-inch pieces. Pack beans tightly into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired. Ladle boiling water over beans, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 20 minutes, quarts 25 minutes, at 10 pounds pressure in a steam-pressure canner.

HOT PACK - Wash and drain green beans. Remove string, trim ends and break or cut freshly gathered beans into 2-inch pieces. Boil 5 minutes. Pack hot beans into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired. Ladle boiling water over beans, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 20 minutes, quarts 25 minutes, at 10 pounds pressure in a steam-pressure canner. Process 20 minutes longer for tough pods

Potatoes - White or Irish

(Ball Blue Book)

Wash and peel potatoes. Wash again. Leave small potatoes whole; cut large potatoes into quarters. Cover potatoes with water; boil 10 minutes. Drain. Pack hot potatoes into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired. Ladle boiling water over potatoes, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 35 minutes, quarts 40 minutes, at 10 pounds pressure in a steam-pressure canner.

Stew Vegetables

(Ball Blue Book)

6 c. sliced carrots	4 c. peas	4 c. cut green beans
3 c. cubed/ peeled potatoes	2 c. quartered small onions	2 c. sliced celery
2 c. chopped red pepper	1/4 c. minced parsley	2 T. salt
3 qts chicken or vegetable stock		

Combine all ingredients in a large saucepot. Bring mixture to a boil; reduce heat and simmer 5 minutes. Ladle hot vegetables and broth into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process 40 minutes at 10 pounds pressure in a steam-pressure canner.

Sweet Potatoes

(Ball Blue Book)

Select freshly dug potatoes of uniform size and color. Wash. Leave small potatoes whole; cut large potatoes into quarters. Boil or steam slowly until peels can be rubbed off. Remove peel. Pack hot potatoes into hot jars, leaving 1-inch headspace. Ladle boiling water, medium or light syrup (see below) over potatoes, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 5 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Light Syrup - Combine 2-1/4 c. sugar with 5-1/4 c. water. Stir until sugar is completely dissolved. Yield 6-1/2 c. syrup.

Medium Syrup - Combine 3-1/4 c. sugar with 5 c. water. Stir until sugar is completely dissolved. Yield 7 c. syrup.

Tomatoes and Celery

(Ball Blue Book)

Use equal measures of sliced celery and chopped, peeled, cored, tomatoes. Mix; boil 5 minutes (do not add water). Pack hot mixture into hot jars, leaving 1-inch headspace. Add 1/2 t. salt to each pint, 1 t. salt to each quart, if desired. Ladle boiling water over mixture, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 30 minutes, quarts 35 minutes, at 10 pounds pressure in a steam-pressure canner.

Stewed Tomatoes

(Ball Blue Book)

4 qts. chopped, peeled, cored tomatoes (about 24 large)		
1 c. chopped celery	1/2 c. chopped onion	1 T. sugar
1/4 c. chopped green pepper	2 t. salt	

Combine all ingredients in a large saucepot. Cover; cook 10 minutes, stirring to prevent sticking. Ladle hot mixture into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 15 minutes, quarts 20 minutes, at 10 pounds pressure in a steam-pressure canner. Yield: about 7 pints or 3 quarts

Note: Add 2 teaspoons basil to make this into Italian Stewed Tomatoes.

Tomato Sauce

(Ball Blue Book)

45 pounds tomatoes

Bottled lemon juice

Wash tomatoes; drain. Remove core and blossom ends. Cut into quarters; simmer 20 minutes in a large saucepot, stirring occasionally. Press tomatoes through a sieve or food mill; discard seeds and peels. Cook pulp over medium-high heat until sauce thickens, stirring to prevent sticking. Reduce volume by one-half for a thick sauce. Add 2 tablespoons bottled lemon juice to each quart jar. Add 1 tablespoon bottled lemon juice to each pint jar. Ladle hot sauce into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Process pints 35 minutes, quarts 40 minutes in a boiling-water canner.

Yield: about 14 pints or 7 quarts.

Basil-Garlic Tomato Sauce

(Ball Blue Book)

20 pounds tomatoes

1 cup chopped onion

8 cloves garlic, minced

1 Tablespoon olive oil

1/4 cup fresh basil, minced

Bottled lemon juice

Wash tomatoes; drain. Remove core and blossom ends. Cut into quarters; set aside. Saute onions and garlic in olive oil until tender. Add tomatoes; simmer 20 minutes, stirring occasionally. Press mixture through a sieve or food mill; discard seeds and peels. combine tomato pulp and basil in a large saucepot. Cook over medium-high heat until volume is reduced by one-half, stirring to prevent sticking. Add 1 tablespoon bottled lemon juice to each pint jar. Ladle hot sauce into hot jars, leaving 1/2-inch headspace. Adjust two-piece caps. Process 35 minutes in a boiling-water canner. Yield: about 7 pints.

Seasoned Tomato Sauce

For Spaghetti, Lasagna and Pizza

(Ball Blue Book)

45 pounds tomatoes

6 cups chopped onions

12 cloves garlic, minced

1/2 cup olive oil

2 tablespoons oregano

6 bay leaves

1/4 cup salt

1 tablespoon pepper

1-1/2 tablespoons sugar

2 teaspoons crushed

Bottled lemon juice

red pepper, optional

Wash tomatoes; drain. Remove core and blossom ends. Cut into quarters; set aside. Saute onions and garlic in olive oil in a large saucepot. Add tomatoes, oregano, bay leaves, salt, black pepper and sugar. Stir in crushed red pepper, if desired. simmer 20 minutes, stirring occasionally. Remove bay leaves. Press mixture through a sieve or food mill; discard seeds and peels. Cook pulp in a large, uncovered saucepot over medium-high heat until sauce thickens, stirring to prevent sticking. Reduce volume by one-half for a thick sauce. Add 2 tablespoons bottled lemon juice to each pint jar. Ladle hot sauce into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Process pints 35 minutes, quarts 40 minutes, in a boiling-water canner. Yield: about 14 pints or 7 quarts.

Tomatoes - Whole, Halved or Quartered

packed in own juice

(Ball Blue Book)

2-1/2 to 3-1/2 lb. tomatoes per quart Bottled lemon juice Salt (optional)

Prepare tomatoes by selecting fresh tomatoes free of cracks, spots and growths. Wash tomatoes; drain. Place tomatoes in wire basket and lower into a large saucepot of boiling water. Blanch tomatoes 30 to 60 seconds or until skins start to crack. Remove from boiling water. Dip immediately into cold water. Slip off skins; trim away any green areas; cut out core. Leave tomatoes whole or cut into halves or quarters. Add 2 tablespoons bottled lemon juice to each quart jar. Add 1 tablespoon bottled lemon juice to each pint jar. Pack tomatoes into hot jars until space between tomatoes fill with juice, leaving 1/2-inch headspace. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon salt to each pint jar, if desired. Remove air bubbles. Adjust two-piece caps. Process pints and quarts 1 hour and 25 minutes, in a boiling-water canner.

Homemade Barbecue Sauce

3/4 c. Toasted Sesame Seed Oil	6 onions, chopped	1 T. salt
1 T. pepper	1 1/2 T. chili powder	12 c. Ketchup (96oz)
9 c. brown sugar	3/4 c. Worcestershire sauce	3 c. cider vinegar
3 c. water		

Heat the oil on a medium-low heat. Saute onions until translucent or for about 5 minutes. Add salt, pepper and chili powder. Turn heat up to medium. Add the rest of the ingredients beginning with the ketchup. Bring the sauce to a simmer, reduce the heat and simmer for 10 minutes. Hot pack method with 1/2" of headspace. [Processing with a Water Bath](#) for 30 minutes. For elevations above 1,000 foot level see [Altitude Time Adjustments](#). After processing, remove from boiling water and place the jars on a towel, separated by 1" to cool naturally as quickly as possible.

Home Canning Salsa

uga.edu/nchfp/

Yield: About 7 to 9 pints

3 qt. peel, chop, core, tomatoes	3 c. chopped onions	6 jalapeño peppers
4 long green chiles	4 cloves garlic, finely chopped	1 T. salt
2-12-oz cans tomato paste	2 c. bottled lemon or lime juice	1 T. sugar
1 T. ground cumin (optional)	2 T. oregano leaves (optional)	1 t. black pepper

Roast, peel, seed and finely chop peppers.

Hot Pack: Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 30 minutes, stirring occasionally. Ladle hot into clean, hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids. Process in a boiling water canner 15 min-1000ft/20 min 1000-6000 ft/ 25 min over 6000 ft.

IMPORTANT:

The only change you can safely make in this salsa recipe is to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. Do not substitute vinegar for the lemon juice.

Tomato Ketchup

uga.edu/nchfp

Yield: 6 to 7 pints

24 lbs ripe tomatoes

3 c. cider vinegar

1-1/2 t. allspice

1/4 c. salt

3 c. chopped onions

4 t. whole cloves

3 T. celery seeds

3/4 t. cayenne pepper

3 sticks cinnamon, crushed

1-1/2 c. sugar

Wash tomatoes. Dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water. Slip off skins and remove cores. Quarter tomatoes into 4-gallon stock pot or a large kettle. Add onions and red pepper. Bring to boil and simmer 20 minutes, uncovered. Combine spices in a spice bag and add to vinegar in a 2-quart saucepan. Bring to boil. Cover, turn off heat and hold tomato mixture for 20 minutes. Then, remove spice bag and combine vinegar and tomato mixture. Boil about 30 minutes. Put boiled mixture through a food mill or sieve. Return to pot. Add sugar and salt, boil gently, and stir frequently until volume is reduced by one-half or until mixture rounds up on spoon without separation. Fill pint jars, leaving 1/8-inch headspace. Adjust lids and process: 15 min->1000ft; 20 min-1000-6000ft; 25 min<6000 ft.

PICKLING

Pickled Beets

7 lbs of 2- to 2-1/2-inch diameter beets

2 cups sugar

12 whole cloves

Yield: About 8 pints

4 c. vinegar

2 cups water

4 to 6 onions (2- to 2-1/2-inch diameter) opt,

1-1/2 t. pickling salt

2 cinnamon sticks

Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color. Wash thoroughly. Sort for size. Cover similar sizes together with boiling water and cook until tender (about 25 to 30 minutes). Caution: Drain and discard liquid. Cool beets. Trim off roots and stems and slip off skins. Slice into 1/4-inch slices. Peel and thinly slice onions. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag. Fill jars with beets and onions, leaving 1/2-inch headspace. Add hot vinegar solution, allowing 1/2-inch headspace. Adjust lids and process in water bath canner: 30 min>1000ft; 35 min 1000-3000ft; 40 min 3000-6000ft; 45 min <6000 ft.

Bread-and-Butter Pickles

6 lbs of 4-5' pickling cucumbers

1/2 cup canning or pickling salt

4-1/2 cups sugar

1-1/2 tbsp celery seed

1 cup pickling lime (optional- for use in variation below for making firmer pickles)

Yield: About 8 pints

8 c. thinly sliced onions (about 3 pounds)

4 cups vinegar

2 tbsp mustard seed

1 tbsp ground turmeric

Wash cucumbers. Cut 1/16-inch off blossom end and discard. Cut into 3/16-inch slices. Combine cucumbers and onions in a large bowl. Add salt. Cover with 2 inches crushed or cubed ice. Refrigerate 3 to 4 hours, adding more ice as needed. Combine remaining ingredients in a large pot. Boil 10 minutes. Drain and add cucumbers and onions and slowly reheat to boiling. Fill jars with slices and cooking syrup, leaving 1/2-inch headspace. Adjust lids and process in boiling water bath: 10 min>1000ft; 15 min-1000-6000ft; 20 min<6000 ft.

Storage: After processing and cooling, jars should be stored 4 to 5 weeks to develop ideal flavor.

Bread and Butter Pickles

Marlene Johnson

1 gal. cucumbers
Salt

2 green peppers, shredded
cracked ice (1-2 qt)

8 small onions

Pickling Syrup

5 c. sugar
1 ½ t. turmeric
1.2 t. ground cloves

2 T. mustard seed
1 t. celery seed
5 c. vinegar (white)

Mix pickling syrup and set aside. Select crisp, fresh cucumbers. Wash, do not pare, slice, paper thin. Slice onions thin. Mix salt with cucumbers, peppers and onions. Bury pieces of cracked ice in the mixture. Cover and let stand for 3 hours. Drain pickle mixture and put in large pot then pour pickling syrup over. Cook over low heat, stirring continuously. Heat to scolding. Do NOT BOIL. Pour in jars and seal. To process in boiling water bath: 10 min>1000ft; 15 min-1000-6000ft; 20 min<6000 ft.

MEATS

Chicken, Duck, Goose, Turkey, Game Birds

(Ball Blue Book of Preserving)

RAW PACK – Separate poultry or game bird at joints. Bones may be left in or removed. Pack meat into hot jars, leaving 1-inch headspace. Ladle hot water or broth over meat, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. For boned meat process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner. For bone-in meat process pints 1 hour and 5 minutes, quarts 1 hour 15 minutes, at 10 pounds pressure in a steam-pressure canner.

HOT PACK – Boil, steam or bake poultry or game bird until about 2/3 done. Separate at joints. Bones may be left in or removed. Pack meat into hot jars, leaving 1-inch headspace. Ladle hot water or broth over meat, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. For boned meat process pints 1 hour 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Ground or Chopped Meat

(<http://www.uga.edu/nchfp>)

Bear, Beef, Lamb, Pork, Sausage, Veal, Venison

Procedure: Choose fresh, chilled meat. With venison, add one part high-quality pork fat to three or four parts venison before grinding. Use freshly made sausage, seasoned with salt and cayenne pepper (sage may cause a bitter off-flavor). Shape chopped meat into patties or balls or cut cased sausage into 3- to 4-inch links. Cook until lightly browned. Ground meat may be sautéed without shaping. Remove excess fat. Fill jars with pieces. Add boiling meat broth, tomato juice, or water, leaving 1-inch headspace. Add 2 teaspoons of salt per quart to the jars, if desired.

Adjust lids and process according to chart

Pork Tenderloin

(Ball Blue Book of Preserving)

RAW PACK – Slice pork tenderloin crosswise into ½ to 1-inch slices. Add ½ teaspoon salt to each pint jar, 1 teaspoon salt to each quart jar, if desired. Pack tenderloin into hot jars, leaving 1-inch headspace. Ladle hot water or broth over tenderloin, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour 30 minutes, at 10 pounds pressure in a steam-pressure canner.

HOT PACK – Cook whole pork tenderloin until 1/3 to ½ done. Slice pork tenderloin into ½ to 1-inch slices. Add ½ teaspoon salt to each pint jar, 1 teaspoon salt to each quart jar, if desired. Pack hot tenderloin into hot jars, leaving 1-inch headspace. Ladle hot water or broth over tenderloin, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Roast

(Beef, Lamb, Mutton, Pork, Veal, Venison)

(Ball Blue Book of Preserving)

Cut meat into jar-length strips ½ to 1-inch thick. Bake or roast meat until well browned but not done. Meat may also be browned in a small amount of fat. Add ½ teaspoon salt to each pint jar, 1 teaspoon salt to each quart jar, if desired. Pack hot meat into hot jars, leaving 1-inch headspace. Ladle hot broth over meat, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in steam-pressure canner.

Seasoned Ground Beef

(Yield: about 5 pints or 2 quarts)

4 lbs lean ground beef	1 ½ c. chopped onions	2 cloves garlic, minced
2 c. tomato juice	1 ½ c. beef broth	1 t. seasoned salt
½ t. pepper		

Brown meat. Drain off excess fat. Add onions and garlic; cook slowly until onions are tender. Add remaining ingredients and simmer 15 minutes or until hot throughout. Skim off excess fat, if necessary. Pack hot meat and sauce into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Stew Meat

(Ball Blue Book of Preserving)

Use beef or other meat suitable for stewing. Cut into 1 ½ to 2-inch cubes. Remove fat and gristle. Simmer meat in water to cover until hot throughout. Add ½ teaspoon salt to each pint jar, 1 teaspoon salt to each quart jar, if desired. Pack hot meat into hot jars, leaving 1-inch headspace. Ladle hot cooking liquid over meat, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Steaks And Chops

(Beef, Lamb, Mutton, Pork, Veal, Venison)

(Ball Blue Book of Preserving)

RAW PACK – Cut meat into 1-inch slices. Remove large bones. Add ½ teaspoon salt to each pint jar, 1 teaspoon salt to each quart jar, if desired. Pack meat into hot jars, leaving 1-inch headspace. Ladle hot broth over meat, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in steam-pressure canner.

HOT PACK – Cut meat into 1-inch slices. Remove large bones. Quickly brown meat in a small amount of fat. Add ½ teaspoon salt to each pint jar, 1 teaspoon salt to each quart jar, if desired. Pack hot meat into hot jars, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in steam-pressure canner.

Spareribs

(Ball Blue Book of Preserving)

Crack ribs evenly. Cook until about ½ done. Remove bones. Cut meat into squares. Add ½ teaspoon salt to each pint jar, 1 teaspoon salt to each quart jar, if desired. Pack hot ribs into hot jars, leaving 1-inch headspace. Ladle broth over meat, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour 15 minutes, quarts 1 hour 30 minutes, at 10 pounds pressure in a steam-pressure canner.

BEWARE: Canning Fish Will REALLY Stink up Your House

Fish

(All varieties, including Salmon and Shad. For Tuna, see Tuna Recipe)

(Ball Blue Book of Preserving)

Clean fish within 2 hours after it is caught. Keep cleaned fish chilled until ready to can. Dissolve 1 cup salt in 1 gallon water to make brine. Cut fish into jar-length pieces. Soak fish in brine for 1 hour. Drain for 10 minutes. Only process in half-pints or pints. Pack fish into hot jars, skin side next to glass, leaving 1-inch headspace. Adjust two-piece caps. Process half-pints and pints 1 hour and 40 minutes, at 10 pounds pressure in a steam-pressure canner.

TUNA

(Ball Blue Book of Preserving)

RAW PACK – Filet raw tuna. Remove skin; lightly scrape surface to remove blood vessels and any discolored flesh. Cut fish into quarters; remove all bones; discard dark flesh. Cut quarters crosswise into jar-length pieces. Only process in half-pints or pints. Add ½ teaspoon salt to each half-pint jar, 1 teaspoon salt to each pint jar. Ladle hot water over tuna, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process half-pints and pints 1 hour and 40 minutes at 10 pounds pressure in a steam-pressure canner.

HOT PACK – Place cleaned tuna on a rack in a large baking pan. Bake at 350°F for 1 hour or until done. The internal temperature of the tuna must be 165°F to 175°F. Refrigerate overnight. Remove skin and lightly scrape surface to remove blood vessels and any discolored flesh. Cut fish into quarters, removing all bones. Discard all dark flesh. Cut quarters crosswise into jar-length pieces. Only process in half-pints or pints. Pack fish into hot jars, leaving 1-inch headspace. Add ½ teaspoon salt and 1 tablespoon vegetable oil or water to each half-pint jar. Add 1 teaspoon salt and 2 tablespoons vegetable oil or water to each pint jar. Remove air bubbles. Adjust two-piece caps. Process half-pints and pints 1 hour and 40 minutes at 10 pounds pressure in a steam-pressure canner.

NOTE: Crystals of magnesium ammonium phosphate may form in canned tuna. There is no way to prevent crystals from forming in home canned tuna. They usually dissolve when the tuna is heated. If the crystals do not dissolve, they are safe to eat.

BEANS

Beans Or Peas – Dried

(Ball Blue Book of Preserving)

(Kidney, Navy, Pinto, Etc)

2 ¼ pounds dried beans or peas per quart Salt (optional) Water

Cover beans or peas with cold water. Let stand 12 to 18 hours in a cool place. Drain. Cover beans or peas with cold water by 2 inches in a large saucepot. Bring to boil; boil 30 minutes, stirring frequently. Pack hot beans or peas into hot jars, leaving 1-inch headspace. Add ½ teaspoon salt to each pint jar, 1 teaspoon salt to each quart jar, if desired. Ladle hot cooking liquid or boiling water over beans or peas, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Boston Baked Beans

(Ball Blue Book of Preserving)

(Yield: about 6 pints or 3 quarts)

1 quart dried navy beans (about 2 pounds) ½ pound salt pork, cut into pieces

3 large onions, sliced 2/3 c. brown sugar 2 t. salt

2 t. dry mustard 2/3 c. molasses

Cover beans with 3 quarts water; let stand 12 to 18 hours in a cool place. Drain. Cover beans with 3 quarts water in a large saucepot. Bring beans to a boil; reduce heat. Cover; simmer until skins begin to crack. Drain, reserving liquid. Pour beans into a baking dish or bean pot. Add pork and onions. Combine remaining ingredients and 4 cups reserved bean liquid (add water to make 4 cups, if necessary). Ladle sauce over beans. Cover; bake at 350°F for about 3 ½ hours. Add water, if necessary, as beans should be “soupy”. Pack hot beans and sauce into hot jars, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 20 minutes, quarts 1 hour and 35 minutes, at 10 pounds pressure in a steam-pressure canner.

Beans with Pork And Tomato Sauce

(Ball Blue Book of Preserving)

(Yield: about 6 pints or 3 quarts)

1 quart dried navy beans (about 2 pounds) ¼ pound salt pork, cut in pieces
1 c. chopped onion 3 T. sugar 2 t. salt
¼ t. cloves ¼ t. allspice 1 quart tomato juice

Cover beans with cold water and let stand 12 to 18 hours in a cool place. Drain. Cover beans with boiling water by 2 inches in a large saucepot. Boil 3 minutes. Remove from heat and let stand 10 minutes; drain. Combine onion, sugar, spices and tomato juice; heat to boiling. Pack 1 cup beans into hot jars; top with a piece of pork; fill jar ¾ full with beans. Ladle hot tomato sauce over beans, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 5 minutes, quarts 1 hour and 15 minutes, at 10 pounds pressure in a steam-pressure canner.

SOUPS and MAIN DISHES

Bean Soup

(Ball Blue Book of Preserving)

(Yield: about 5 pints or 2 quarts)

2 c. dried navy beans (about 1 pound) 1 ham hock or ¼ pound salt pork
½ c. chopped onion ½ hot red pepper, finely chopped

Cover beans with cold water and soak 12 to 18 hours in a cool place. Drain. Cover beans with water by 2 inches. Add meat, onion and peppers; and salt to taste; bring to a boil in a large saucepot. Cover and simmer 2 to 3 hours or until beans are tender. Remove meat and cut into small pieces. Press remaining ingredients through a sieve or food mill. Return meat to soup. Ladle hot soup into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner. NOTE: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Beef Stew With Vegetables

(Ball Blue Book of Preserving)

(Yield: 14 pints or 7 quarts)

4 to 5 lbs beef stew meat 1 T. oil 3 quarts cubed and peeled potatoes
2 quarts sliced carrots 3 c. chopped celery 3 c. chopped onions
1 ½ T salt 1 t. thyme ½ t. pepper

Cut meat into 1 ½-inch cubes; brown in oil. Combine meat, vegetables and seasonings in a large saucepot. Cover with boiling water. Bring stew to a boil. Ladle hot stew into hot jars, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Beef Stock

(Ball Blue Book of Preserving)

(Yield: about 4 pints and 2 quarts)

4 lbs meaty beef bones	2 quarts water	1 medium onion, finely chopped
1 carrot, sliced	1 stalk celery, sliced	1 bay leaf
Salt to taste	Beef bouillon cubes or granules (optional)	

Bring beef bones and water to a boil over high heat in a large saucepot. Reduce heat; skim foam. Add onion, carrot, celery, bay leaf and salt to taste. Cover; simmer 2 to 3 hours. If more flavor is desired, simmer longer or add beef bouillon cubes or granules to stock. Remove beef bones. Strain liquid; skim excess fat from top of stock. Ladle hot stock into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 20 minutes, quarts 25 minutes, at 10 pounds pressure in a steam-pressure canner.

Chicken Stock

(Ball Blue Book of Preserving)

1 (3 to 4 pound) chicken, cut into pieces	4 quarts water	2 stalks celery
2 medium onions, quartered	10 peppercorns	2 bay leaves
1 T. salt		

Combine chicken and water in a large saucepot. Bring to a boil. Add remaining ingredients. Reduce heat; simmer 2 hours or until chicken is tender. Remove from heat; skim off foam. Remove chicken from stock, reserving chicken for another use. Strain stock through a sieve or several layers of cheesecloth. Allow stock to cool until fat solidifies; skim off fat. Bring stock to a boil in a large saucepot. Ladle hot stock into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 20 minutes, quarts 25 minutes, at 10 pounds pressure in a steam-pressure canner. Yield: 8 pints or 4 quarts

Chicken Soup

(Ball Blue Book of Preserving)

4 quarts chicken stock	3 c. diced chicken	1 ½ c. diced celery
1 c. diced onion	Salt and pepper to taste	3 chicken bouillon cubes

Combine chicken stock, chicken, celery, carrots and onion in a large saucepot. Bring mixture to a boil. Reduce heat; simmer 30 minutes. Season to taste. Add bouillon cubes, if desired. Cook until bouillon cubes are dissolved. Ladle hot soup into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner. **Yield: 8 pints or 4 quarts**

Chili

5 lbs ground beef	2 c. chopped onions	1 clove garlic, minced
6 c. canned tomatoes and juice	½ c. chili powder	1 ½ T. salt
1 hot red pepper, finely chopped	1 t. cumin seed	

Brown meat in a large saucepot. Drain off excess fat. Add onions and garlic; cook slowly until onions are tender. Add remaining ingredients and simmer 20 minutes. Skim off excess fat, if necessary, before canning. Ladle hot chili into hot jars, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner. **TO SERVE:** Add cooked or canned pinto or kidney beans; heat and serve. **NOTE:** When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned. Yield: 6 pints or 3 quarts

Meat Sauce

(Ball Blue Book of Preserving)

5 lbs ground beef	2 c. chopped onions	1 c. chopped green peppers
9 c. canned tomatoes and juice	2 2/3 c. tomato paste	2 T. brown sugar
2 T. minced parsley	1 ½ T. salt	1 T. oregano
½ t. pepper	½ t. ginger	½ t. allspice
2 T. vinegar		

Brown beef in a large saucepot. Drain off excess fat. Add onions and green peppers and cook slowly until tender. Add remaining ingredients; simmer until as thick as desired. Skim off excess fat, if necessary. Ladle hot sauce into hot jars, leaving 1-inch headspace. Process pints 75 min, quarts 90 min, at 15 pounds pressure in pressure canner. Yields 6 pints or 3 quarts.

Goulash

(Ball Blue Book of Preserving)

(Yield: about 4 pints or 2 quarts)

4 lbs boned beef chuck roast	1 T. salt	3 T. paprika
2 t. dry mustard	1/3 c. oil	20 peppercorns
3 bay leaves	2 t. caraway seeds	6 stalks celery, halved
4 large carrots, cut in half	3 med. onions, cut in half	1 c. water

1/3 c. vinegar. Cut beef chuck roast into 1-inch cubes. Combine salt, paprika and dry mustard. Roll meat in spice mixture. Brown slowly in hot oil in a large saucepot. Sprinkle excess spice mixture over meat. Tie whole spices in a spice bag. Add spice bag and remaining ingredients to beef mixture. Cover; simmer until almost tender. Remove spice bag and vegetables; discard. Pack hot meat and sauce into hot jars, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Marinara Sauce with Meat

16 lbs. tomatoes	16 med. Onions	16 carrots
8 red or green pepper	8 cloves garlic	8 lbs. ground beef
1 c. red wine vinegar	¼ c. olive oil	4 T. salt
2 T. pepper	¾ c. lemon juice	

Blanch and Peel and chop Tomatoes. Dice garlic and carrots. Chop onions and peppers. Sauté onions, pepper and carrot in the olive oil until onions are translucent. Add ground meat and continue to stir. When the meat begins to brown, add the crushed garlic. Cook for about five minutes before adding the chopped tomatoes. Simmer for 2 hours, stirring occasionally until sauce begins to thicken. Add vinegar, salt and pepper to taste. May continue simmering for thicker sauce if desired. Add lemon juice for canning. Canning using hot pack method with 1" of headspace. Processing with a Pressure Canner 60 minutes for pints, or 70 minutes for quarts, at 11 pounds, or 10 pounds for a weighted gauge. For elevations above 1,000 foot level see Altitude Time Adjustments. After processing, remove from boiling water and place the jars on a towel, separated by 1" to cool naturally as quickly as possible.

Spiced Tomato Soup

(Ball Blue Book of Preserving)

(Yield: about 4 pints)

4 quarts chopped, peeled, cored tomatoes	3 ½ c. chopped onions	2 ½ c. chopped celery
2 c. chopped sweet red peppers	1 c. sliced carrots	7 bay leaves
1 T. whole cloves	1 clove garlic	1 c. brown sugar
2 t. salt		

Combine tomatoes, onions, celery, peppers, carrots, bay leaves, cloves and garlic in a large saucepot. Simmer until vegetables are tender. Puree in a food processor or food mill. Return puree to saucepot. Add sugar and salt. Cook over medium heat 15 minutes. Ladle hot soup into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 20 minutes, at 10 pounds pressure in a steam-pressure canner.

Southwestern Vegetable Soup

(Ball Blue Book of Preserving)

6 c. whole kernel corn, uncooked	1 quart chopped, peeled, cored tomatoes	
2 c. chop, core, husk tomatillos	1 c. sliced carrots	1 c. chopped onion
1 c. chopped sweet red pepper	1 c. chopped sweet green pepper	
¾ c. chop, seed long green pepper	¼ c. chopped and seeded hot pepper	
3 T. minced cilantro	2 t. chili powder	1 t. cayenne pepper
1 t. black pepper	1 t. salt	6 c. tomato juice
1 c. water	4 t. hot pepper sauce	

Combine all ingredients in a large saucepot. Bring to a boil. Reduce heat and simmer 15 minutes. Ladle hot soup into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 55 minutes, quarts 1 hour and 25 minutes, at 10 pounds pressure in a steam-pressure canner. NOTE: When cutting and seeding hot peppers, wear rubber gloves to prevent hands from being burned. (Yield: about 9 pints or 4 quarts)

Split Pea Soup

(Ball Blue Book of Preserving)

(Yield: about 5 pints or 2 quarts)

1(16-ounce) package dried split peas	2 quarts water	1 ½ c. sliced carrots
1 c. chopped onion	1 c. diced, cooked ham	1 bay leaf
¼ t. allspice	Salt and pepper to taste	

Combine dried peas and water in a large saucepot. Bring to a boil; reduce heat. Cover, simmer about 1 hour or until peas are soft. If a smooth soup is desired, puree in a food processor or food mill. Return puree to saucepot. Add remaining ingredients and simmer 30 minutes. If mixture is too thick, add boiling water. Ladle hot soup into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Ten Bean Soup

(Ball Blue Book of Preserving)

(Yield: about 6 quarts)

½ c. dried black beans	½ c. dried kidney beans	½ c. dried navy beans
½ c. dried great northern beans	¼ c. dried blackeye peas	¼ c. dried split peas
¼ c. dried chick peas	¼ c. dried lentils	1 ½ c. diced ham(opt)
½ c. cut fresh green beans	2 bay leaves	1 T. tarragon
1 T. summer savory	Salt and pepper to taste	

Cover dried beans with cold water and soak 12 to 18 hours in a cool place. Drain. Cover beans with water by 2 inches in a large saucepot. Add ham, if desired. Stir in green beans, bay leaves, tarragon and summer savory. Bring to a boil. Cover, boil 30 minutes. Salt and pepper to taste. Remove bay leaves. Ladle hot soup into hot jars, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process 1 hour and 30 minutes, at 10 pounds pressure in a steam-pressure canner.

Vegetable Soup

(Ball Blue Book of Preserving)

(Yield: about 14 pints or 7 quarts)

2 qt. chopped, peeled, cored tomatoes	1 ½ qt. cubed and peeled potatoes	
1 ½ quarts ¾-inch sliced carrots	1 qt lima beans	1 qt whole kernel corn,raw
2 c. 1-inch sliced celery	2 c. chopped onions	1 ½ quarts water
Salt and pepper		

Combine all vegetables in a large saucepot. Add water; simmer 15 minutes. Season with salt and pepper, if desired. Ladle hot soup into hot jars, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 55 minutes, quarts 1 hour and 25 minutes, at 10 pounds pressure in a steam-pressure canner.