



More on Pressure Canning

The following laboratory tested recipes were reprinted with permission from University of Georgia and published in So Easy to Preserve, 4th Edition 1999 or posted on the National Center for Home Food Preservation website: www.uga.edu/nchfp. THE RECIPES MUST BE FOLLOWED EXACTLY, as any changes will alter the acidity level and therefore may result in an unsafe product. *Time and pressure given are for altitudes of 2001 - 4000 ft (610 - 1219 m). For altitudes of 4001 - 6000 ft (1220 - 1829 m) process at 13 lbs pressure.

<u>Altitudes</u>					
Edmonton	2201 ft	(671 m)	Banff	4534 ft	(1382 m)
Fort McMurray	1001 ft	(305 m)	Bragg Creek	4429 ft	(1350 m)
Grande Prairie	2149 ft	(655 m)	Canmore	4347 ft	(1325 m)
Lloydminster	2129 ft	(649 m)	Calgary	3557 ft	(1084 m)
Peace River	1102 ft	(336 m)	Jasper	3470 ft	(1058 m)
Red Deer	2822 ft	(860 m)	Lethbridge	2983 ft	(909 m)

SPAGHETTI SAUCE WITHOUT MEAT

Makes about 9 pint jars

- | | |
|---|-----------------------|
| 30 lbs tomatoes | 2 tbsp oregano |
| 1 cup chopped onions | 4 tbsp minced parsley |
| 5 cloves garlic, minced | 2 tsp black pepper |
| 1 cup chopped celery or green pepper | 4 1/2 tsp salt |
| 1 lb fresh mushrooms, sliced (optional) | 1/4 cup brown sugar |
| 1/4 cup vegetable oil | |

Hot Pack: (**Caution:** Do not increase the proportion of onions, peppers or mushrooms.) Wash tomatoes and dip in boiling water for 30 - 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil tomatoes for 20 minutes, uncovered, in large saucepan. Press through food mill or sieve.

Saute onions, garlic, celery or peppers, and mushrooms (if desired) in vegetable oil until tender. Combine sautéed vegetables and tomatoes and add remaining spices, salt and sugar. Bring to a boil. Simmer, uncovered, stirring frequently, until thick enough for serving. (The volume will have been reduced by nearly one-half.) Pour into hot jars, leaving 1 inch head space. Wipe jar rims. Adjust lids and process.

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

- | | |
|--------------|------------|
| Pints | 20 minutes |
| Quarts | 25 minutes |

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SPAGHETTI SAUCE WITH MEAT

Makes about 9 pint jars

30 lbs tomatoes	2 tbsp oregano
2 1/2 lbs ground beef or sausage	4 tbsp minced parsley
5 cloves garlic, minced	2 tsp black pepper
1 cup chopped onions	4 1/2 tsp salt
1 cup chopped celery or green peppers	1/4 cup brown sugar
1 lb fresh mushrooms, sliced (optional)	

Hot Pack: Wash tomatoes and dip in boiling water for 30 - 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil tomatoes for 20 minutes, uncovered in a large saucepan. Press through a food mill or sieve.

Saute beef or sausage until brown. Add garlic, onion, celery or green pepper and mushrooms, if desired. Cook until vegetables are tender. Combine with tomato pulp in large saucepan. Add spices, salt and sugar. Bring to a boil. Simmer, uncovered, stirring frequently, until thick enough for serving. (The volume should be reduced by nearly one-half.) Pour into hot jars, leaving 1 inch head space. Wipe jar rims. Adjust lids and process.

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

Pints	60 minutes
Quarts	70 minutes

BEANS - DRY WITH TOMATO OR MOLASSES SAUCE

Select mature, dry beans, sort out and discard any defective or discolored beans.

To Prepare Beans: Wash beans. Add 3 cups of water for each cup of dried beans. Boil 2 minutes and remove from heat. Soak 1 hour, drain, discarding liquid. Reheat beans to boiling in fresh water. Use this cooking liquid, if needed, to make one of the following sauces:

Tomato Sauce: Mix 1 quart tomato juice, 3 tbsp sugar, 2 tsp salt, 1 tbsp chopped onion and 1/4 tsp each of ground cloves, allspice, mace and cayenne. Heat to boiling.

Molasses Sauce: Mix 1 quart water or cooking liquid from beans, 3 tbsp dark molasses, 1 tbsp vinegar, 2 tsp salt and 1 3/4 tsp powdered dry mustard. Heat to boiling.

Hot Pack: Fill hot jars 3/4 full with hot beans. Add only one 3/4 inch cube of pork, ham or bacon, per jar if desired. Fill jar 1 inch from top with either of the heated sauces. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

Pints	75 minutes
Quarts	90 minutes

BEANS - BAKED

Soak and boil beans and prepare Molasses Sauce as directed for "Dry Beans with Tomato or Molasses Sauce" as above. Place seven 3/4 inch cubes of pork, ham or bacon in a large casserole or pan. Add beans and enough molasses sauce to cover the beans. Cover casserole or pan and bake at 350°F for 4 - 5 hours. Check each hour and add more liquid if needed. Fill jars, leaving 1 inch head space. Remove air bubbles. Wipe jar rims. Adjust lids and process as directed for "Dry Beans with Tomato and Molasses Sauce".

CHILI CON CARNE

Makes about 9 pint jars

3 cups dried pinto or red kidney beans	1 cup chopped peppers of your choice (optional)
5 1/2 cups water	1 tsp black pepper
5 tsp salt (separated)	3 - 6 tbsp chili powder
3 lbs ground beef	2 quarts crushed or whole tomatoes
1 1/2 cups chopped onion	

Procedure: Wash beans thoroughly and place them in a 2 quart saucepan. Add cold water to a level of 2 - 3 inches above the beans and soak 12 - 18 hours in refrigerator. Drain and discard water. Combine beans with 5 1/2 cups of fresh water and 2 tsp salt. Bring to a boil. Reduce heat, simmer 30 minutes. Drain and discard water. Brown ground beef, chopped onions, and peppers, if desired, in a skillet. Drain off fat and add 3 tsp salt, pepper, chili powder, tomatoes, and drained cooked beans. Simmer 5 minutes. **Caution: Do not thicken.** Fill jars, leaving 1 inch head space. Adjust lids and process.

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

Pints75 minutes

SOUPS

Vegetable, dried bean or pea, meat, poultry, or seafood soups can be canned.

Caution: Do not add noodles or other pasta, rice, flour, cream, milk or other thickening agents to home canned soups. If dried beans or peas are used, they must be fully rehydrated first.

Procedure: Select, wash, and prepare vegetables, meat and seafood as described for the specific foods. Cover meat with water and cook until tender. Cool meat and remove bones. Cook seafood. Cook vegetables. For each cup of dried beans or peas, add 3 cups of water. Boil 2 minutes, remove from heat, and soak 1 hour. Drain. Cover drained beans with fresh water and boil 30 minutes.

Combine solid ingredients with water or broth from cooking meat, poultry or tomatoes to cover. Boil 5 minutes.

Caution: Do not thicken. Salt to taste, if desired. **Fill jars halfway with solid mixture.** Add remaining liquid, leaving 1 inch headspace. Adjust lids and process.

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

Pints60 minutes

Quarts75 minutes

Caution: Process 100 minutes if soup contains seafood.

BEEF STOCK (Broth)

Hot Pack: Saw or crack fresh trimmed beef bones to enhance extraction of flavour. Rinse bones and place in a large stockpot. Cover bones with water. Place cover on pot and simmer 3 - 4 hours. Remove bones. Cool broth, skim off and discard fat. Remove bits of meat from bones and add to broth. Reheat broth to boiling. Fill hot jars, leaving 1 inch headspace. Wipe jar rims. Adjust lids and process. **Caution: Do not add additional meat to this product.**

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

Pints20 minutes

Quarts25 minutes

CHICKEN STOCK (Broth)

Hot Pack: Place large carcass bones, with most of meat removed, in a large stockpot. Add enough water to cover bones. Cover pot and simmer until meat can be easily stripped from bones, about 30 - 45 minutes. Remove bones, cool broth and discard excess fat. Remove meat from bones and add to broth. Reheat to boiling. Fill jars, leaving 1 inch head space. Wipe jar rims. Adjust lids and process. **Caution: Do not add additional meat to this product.**

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

Pints20 minutes
Quarts25 minutes

ONIONS

Hot pack: Use onions of 1 inch diameter or less. Wash and peel onions. Cover onions with boiling water; bring to a boil. Boil 5 minutes. Pack the onions into hot jars, leaving 1 inch headspace. Add 1/2 tsp salt to pints; 1 tsp to quarts, if desired. Fill jar to within 1 inch from top with boiling water. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

Pints or Quarts40 minutes

TURNIPS (ROOT)

Hot Pack: Wash turnips, scrubbing well. Peel, slice or dice. Place turnips in a saucepan, cover with boiling water and boil 5 minutes. Drain and reserve cooking liquid. Pack hot turnips into hot jars, leaving 1 inch headspace. Add 1/2 tsp salt to pints; 1 tsp to quarts, if desired. Fill jar to 1 inch from top with boiling hot cooking liquid. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Process in a **Dial Gauge Pressure Canner** at 12 lbs pressure* or in a **Weighted Gauge Pressure Canner** at 15 lbs pressure:

Pints30 minutes
Quarts35 minutes