

Store in a clean, cool, dark, dry place. The best temperature is between 50 and 70 °F. Avoid storing canned foods in a warm place near hot pipes, a range or a furnace, or in direct sunlight. They lose quality in a few weeks or months, depending on the temperature and may even spoil. Keep canned goods dry. Dampness may corrode metal lids and cause leakage so food will spoil. For best quality, use canned foods within one year.

Important Home Canning Safeguards

All of the Home Canning Recipes provided in this cookbook have been tested for quality and proper timing to meet food safety standards. As long as the instructions are carefully followed the end result will be a wholesome and shelf stable product. However, when using or adapting your own recipes, please be sure that you process the recipes with enough time. If foods are not canned properly, consuming them may be harmful or fatal. Never attempt to make rough calculations on your own recipes.

If you have specific questions relating to proper methods of canning foods or timing charts- please refer to the US Department of Agriculture Website.

www.fsis.usda.gov

Another useful source of information about home canning is The National Center for Home Food Preservation: www.uga.edu/nchfp/index.html.

HOME CANNING RECIPES

Pasta Sauce

Servings: 4 pints

Headspace: 1 inch

Time: 20 minutes /high pressure setting

Ingredients:

- 5 lbs tomatoes cored and chopped
- 2 tablespoons olive oil
- ¾ cup peeled, chopped onion
- 4 garlic cloves, peeled and minced
- ½ pound mushrooms, chopped
- ¼ cup fresh parsley, chopped
- 1 ½ teaspoons salt
- 2 bay leaves
- 2 teaspoons oregano
- 1 teaspoon black pepper
- ¼ cup brown sugar

Directions

Place tomatoes in large saucepan and boil for 25 minutes uncovered.

Allow to cool slightly then run through a food mill or sieve to remove skins and seeds. In a large skillet, heat olive oil and sauté onions, garlic and mushrooms until tender. Place the sautéed vegetables in a stockpot, add tomatoes and remainder of ingredients and bring to a boil. Lower heat and simmer, uncovered for approx 25 minutes, stirring frequently to avoid burning. Ladle into Jars. Cap and seal. Place on rack and lower into pressure cooker with 2 – 3 inches of hot water. Process for 20 minutes / high pressure setting.

Barbeque Sauce

Servings: 4 pints

Headspace: 1 inch

Time: 20 minutes / high pressure setting

Ingredients:

- 1 ⅓ cup peeled, chopped onions
- 1 cup chopped celery
- 1 teaspoon of salt
- 1 ¼ teaspoon paprika
- 3 tablespoons mustard
- 3 tablespoons Worcestershire sauce

- 2 cups tomato paste
- 2 cups ketchup
- 22 oz. Water
- $\frac{2}{3}$ cup distilled white vinegar
- 2 cups brown sugar

Directions:

Combine all ingredients into a stockpot and bring to a boil. Lower heat and simmer for about 30 minutes, stirring constantly. Once sauce has thickened, ladle into jars. Cap and seal. Place on rack and lower into pressure cooker with 2 – 3 inches of hot water. Process for 20 minutes / high pressure setting.

Chile Con Carne

Servings: 4 pints

Headspace: 1 inch

Time: 90 minutes / high pressure setting

Ingredients:

- 1 $\frac{1}{4}$ cups dried red kidney beans
- 2 $\frac{1}{4}$ cups water
- 2 teaspoons salt
- 1 $\frac{1}{4}$ lbs ground beef
- 1 small chopped onion
- 1 small chopped pepper
- $\frac{1}{4}$ teaspoon black pepper
- 2-3 tbsp chili powder
- 3 $\frac{1}{4}$ cups crushed tomatoes
- Salt & Pepper to taste

Directions:

Wash beans thoroughly and place them in a 2qt saucepan. Add cold water to a level of 2 – 3 inches above the beans and soak overnight. Drain and discard water. Combine beans with water and lightly season with salt & pepper. Bring to a boil. Reduce heat and simmer for 30 minutes. Drain and discard water. In a separate skillet, brown ground beef, onions, and peppers. Drain fat and add to beans with remainder of ingredients. Add 1 cup of water. Simmer for an additional 5-10 minutes. Ladle the prepared chile into the jars, cap and seal. Place on rack and lower into pressure cooker with 2 – 3 inches of hot water. Process for 90 minutes / high pressure setting.

Cucumber Soup

Servings: 4 pints

Headspace: 1 inch

Time: 40 minutes/ high pressure setting

Ingredients

- 2 medium onions, peeled and cut into chunks
- $\frac{1}{4}$ cup margarine
- 3 pounds cucumbers, peeled, seeded, and cut into chunks
- 6 cups water
- 6 chicken bouillon cubes
- 3 teaspoons mixed fine herb spices
- $\frac{3}{4}$ teaspoon white pepper
- 2-3 teaspoons dill weed

Directions

Sauté the onion in the margarine until soft. Add the remaining ingredients, then cover and simmer until very soft. Process the soup in a blender. Return the puree to the stockpot and bring to a boil. Cook for 5 minutes before ladling into jars. Cap and seal. Place on rack and lower into pressure cooker with 2 – 3 inches of hot water. Process 40 minutes/ high pressure setting. This is a great recipe served hot or chilled.

Mixed Vegetables

Servings: 4 pints

Headspace: 1 inch

Time: 55 minutes / high pressure setting

Ingredients:

- 2 cups sliced carrots
- 2 cups cut, whole kernel sweet corn
- 1 cup cut green beans
- 1 cup shelled lima beans
- 1 cup whole or crushed tomatoes
- 1 cup diced zucchini

Directions:

Combine all vegetables in a large pot or kettle, and add enough water to cover pieces. Add $\frac{1}{2}$ teaspoons salt per pint to each jar. Boil 5 minutes. Ladle into jars (include the liquid) Leave 1inch headspace. Cap and seal. Place on rack and lower into pressure cooker with 2 – 3 inches of hot water. Process 55 minutes / high pressure setting.