

Canning 101

What is canning:

This is a process used for being able to store food long term. This can be used when making tasty jams, jellies, stew's, soups, vegetables, or other favorite meals even. There are two different processes used for different types of foods. 1 being Water Bath canning and the other being Pressure Canning. It is important to distinguish between the 2 types and for what foods you need to use these processes for. Water bath canning is for high acidity foods like salsa or pickled veggie's and, Pressure canning is used for low acidity foods such as stew, hamburger, chili, broths, or meat.

How to:

Water Bath Canning

In this process we will use salsa as an example food and explain the step-by-step process for making salsa and how to can it.

Ingredients:

- 5 pounds Roma Tomatoes
- 4 white onions
- 1 bushel of cilantro
- 1 bag of mini sweet peppers
- 1 16oz bottle of Lime juice
- 6-10 cloves of garlic
- Optional 2-6 Jalepenos, depending on preference for spice level

This will yield 7-10-pint jars when done.

Directions:

1. First sanitize your jars and jar lids and rings. This can be done either by running through the dish washer or by hand washing them. This recipe
2. Remove stem and core from tomatoes, peel onions and remove ends, chop or cut onions into chunks that can either be diced or put into a food processor.
3. Peel garlic cloves.
4. Cut stems from mini sweet peppers

5. Start either had chopping or running veggies through a food processor, method used here will be personal preference on the chunkiness of the salsa.
6. Once everything is chopped or processed combine in a large pot.
7. Add the entire bottle of lime juice.
8. Heat up contents of pot until simmering and continue to simmer for 20 minutes. While simmering make sure to occasionally stir so that nothing scorches to the bottom of the pot.
9. While simmering salsa, fill Water bath canner with enough water to cover jars.
10. Heat water till rolling boil.
11. Once heated using jar tongs add jars to boiling water. Add the lids and rings as well.
12. Let sit in the canner for up to 10 minutes. This is important to get jars nice and hot for loading with salsa. If you put the hot simmering salsa in a cold jar and then put them in the canner it can crack the jar.
13. Once jars are heated remove from canner.
14. Start filling jars with salsa using a ladle and a funnel. Make sure to leave 1 inch of head space in jar do not fill to top.
15. Once jars are filled, wipe rims with white vinegar and make sure they are clean. This is important to do so that the lids can form a proper seal.
16. Add lids and rings to jars.
17. Using jar tongs add your now filled jars back to the boiling water.
18. Let jars sit and process in canner for 20 minutes.
19. Once your 20 minutes is up, pull jars from canner.
20. Place jars somewhere safe to cool and seal for 12-24 hours. The seal is indicative of a distinct pop sound that is heard when the button in the middle of the lid goes down. You can also visually inspect for the seal by looking at the lids to see if the button has gone down. If unsure of seal lightly tap on the middle. Never push on the lid as this can create a false seal.

Pressure Canning

Here we will use Chili as an example food and explain the step-by-step process for pressure canning it.

Ingredients:

- 4 cans mixed chili beans (or 2 cans chili beans and 2 cans red kidney beans)
- 2 cans black beans
- 1 can (6 oz) tomato paste
- 2 cans diced tomatoes
- 1lb ground beef
- ½ yellow onion, finely chopped
- 1 Tbsp minced garlic
- 1 cup chicken broth (depending on thickness preference)
- 2 tsps. onion powder
- 2 tsps. garlic powder
- ¼ tsp cayenne (optional)

- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- ½ lemon pepper
- 1-2 tsps. salt (to taste)

This will yield approximately 13-pint jars.

Directions

1. Brown burger in a skillet with chopped onions.
2. Dump cooked burger and onions into a crock pot.
3. Drain and rinse black beans only and add to crock pot.
4. Add all other ingredients to crock pot and cook on high for about 2-3 hours or low 4-6 hours making sure everything is hot all the way through.
5. Adjust spices according to taste.
6. While chili is cooking, sanitize your jars, lids and rings (approximately 13 pints) by either running them through the dish washer or hand washing them with hot soapy water and rinsing well.
7. Once the chili has heated all the way through you are going to fill your pressure canner with 2-3 inches of water and bring to a simmer.
8. Simmer jars for approximately 10 minutes to warm them up to fill with chili.
9. Once jars have been warmed start filling each one with your chili leaving 1 inch of head space.
10. Use a small spatula to poke around the chili and remove as many air bubbles as possible.
11. Use a paper towel or clean rag with white vinegar on it to clean the rims of the jars. This is important because food or other debris can keep the lid from properly sealing.
12. Place rings and lids on jars.
13. Place jars in pressure canner.
14. Place lid on canner and lock it into place.
15. Turn heat up to medium- high. When steam begins to flow from the vent wait 10 minutes and then place cover over steam vent.
16. Watch pressure until 14 pounds of pressure is achieved (recommended for our elevation).
17. Process pint jars for 1 hour and 15 minutes.
18. Watch pressure during processing and adjust temperature to make sure the pressure doesn't fall below what is specified.
19. After the processing is done turn heat off and wait for pressure to reach zero.
20. Remove steam vent cover and wait another five minutes.
21. Remove the pressure canner lid and wait another five minutes.
22. Place jars somewhere safe to cool and seal for 12-24 hours. The seal is indicative of a distinct pop sound that is heard when the button in the middle of the lid goes down. You can also visually inspect for the seal by looking at the lids to see if the button has gone down. If unsure of seal lightly tap on the middle. Never push on the lid as this can create a false seal.

