

WH6FQE

Canning Recipes

CATEGORY: Vegetables

Pork & Beans

Makes about 8 pints or 4 quarts.

2 Pounds of Dried Navy Beans

¼ Pound Salt Pork *(Can also substitute diced bacon if desired)*

2 Cups Chopped Onion

6 Tbsp. Sugar

4 tsp. Salt

½ tsp. Ground Clove

½ tsp. Ground Allspice

2 Quarts Tomato Juice

Put beans in a large pot and add water to cover by at least 2 inches. It's best to add as much water as your pot will hold without boiling over. Boil for 2 minutes then remove from heat and let the beans soak for 1 hour. Make sure the beans are soaking in water, if not, add more water. Drain. Cover beans with boiling water by 2 inches and boil for 3 minutes. Remove from heat and let stand for 10 minutes. Drain.

In a separate pan combine onions, sugar, salt, spices and tomato juice and heat to boiling.

Fill thoroughly cleaned jars half way with beans, add a few pieces of salt pork, add more beans, filling jar 3/4 full. Beans will expand more as they are processing so don't over fill the jars with beans. Ladle hot tomato sauce over the beans, leaving 1" headspace. Remove any trapped air bubbles from jar.

Wipe rim of jar with a clean napkin or paper towel dipped in distilled white vinegar or hot water with vinegar. Place lid onto jar making sure that it is centered on top of jar. Place a ring on the jar and finger tighten. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes at 10 pounds of pressure following the directions for your pressure canner. *(Adjust pressure depending on your elevation).*

Allow jars to rest and cool undisturbed for 12 to 24 hours then remove rings and check the seals. Label with contents and date and store in a cool dry, dark location as any other canned foods.