

**500**  
Days



# CANNING & PRESERVING

A **Step-By-Step** Guide With **500 Days Recipes** For Canning And **Preserving** Foods. Learn The Proper Methods Of **Water-Packing** And **Pressurization**.



**Chris McClure**





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# INTRODUCTION

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Canning, the centuries-old food preservation method, is as popular today as it was eons ago. We are living in an age where reliance on processed food has increased manyfold. Refrigerated and frozen food is bought in most households for quick cooking and easy serving. But that convenience comes with a downside as such products are packed with lots of preservatives, sugars, salts and additives, which are proven unhealthy for the human body. High blood cholesterol, hypertension and insulin resistance, along with obesity, inflammation and hormonal imbalances, are all the possible outcomes of living on processed food. Home canning provides a better solution to all; it provides healthy additive-free food with longer shelf life. This canning and preserving cookbook is going to help to preserve all your favorite fruits, veggies and even meat using the simple and easy process of water bath canning. Along with the 500 recipes, in this book, you will find all the tips and techniques to water can a food item. So let's get started!

## **What is canning**

If practiced well, canning is an important and relatively safer method of food preservation. The canning procedure involves putting items in jars and heating them to a temperature that kills bacteria that could cause illness or spoilage of food. Enzymes that could ruin the food are likewise inactivated by canning. During heating, the air is pushed out of the jar filled with food, and when it cools, a vacuum is created inside. The vacuum prevents air from entering the product and re-contaminating the food with bacteria.

But in order to keep the food safe and preserved for a longer duration from spoilage, it has to be canned perfect. If not properly canned and sealed, such food can cause several foodborne diseases. Botulism is the most prevalent foodborne illness connected with home-canned foods. From 1996 to 2014, the Centers for Disease Control and Prevention documented 210 botulism outbreaks, with 145 of them linked to home-canned foods. Foodborne illnesses associated with home-canned foods are frequently linked to the individual canning the goods, not following research-based canning procedures, not utilizing the right type of canners for low-acid foods, and ignoring the signs of possible spoilage

### **The History of Canning**

There is no single point in history which can be marked as the first canning incident. Our ancestors gradually figured out the ways for preservation. Initially, it was just pickling that kept the food safe. The canning procedures that we now use came in a little later when Napoleon Bonaparte offered a reward in 1795 to anyone who could discover a safe, dependable food preservation system for his constantly moving army. Nicholas Appert then accepted the challenge, and 15 years later, he introduced a method for heat-processing food in glass jars strengthened with wire and sealed with wax. That last technique is comparable to the paraffin wax method of sealing jelly jars that some people still employ. Appert proved that when the food in a jar is heated and cooled immediately, it creates a vacuum inside, which in turn prevents food from spoilage. Different types of food were canned to test this theory, and it worked. With time the methods of canning improved. Scientists kept improving the process for both commercial and domestic use. Initially, everyone used water bath canning and later, the pressure canning method was introduced to cook and canned food quickly.

## **What is home-canning?**

The act of preserving products, fruits, vegetables, and meats, by placing them into glass jars and then heating them to produce a vacuum seal and kill degrading organisms is known as home canning. Industrial or commercial canning is entirely different from home canning because of the use of expensive machinery and complicated procedures. Home canning is relatively simple to perform, and anyone can learn to do it using some basic equipment and necessary ingredients.

## **Why do We preserve food?**

Preserving food ensures better food security. In times of crisis and emergency situations where people can run out of refrigerated and frozen food supply due to power outages, the preserved canned food can help sustain themselves. Preserved food keeps you tension-free, and it keeps you prepared for all types of emergency situations. Techniques like canning, freezer drying, and controlled heat can help to keep nutrients intact. When a fruit or a vegetable is preserved in a can or a container, all its nutrients are conserved, and they are stopped from decomposing or escaping the food, which keeps them healthy for a longer duration.

## **Water bath canning**

A boiling water bath can be used to cook fruits, tomatoes, and pickles, as well as jams, jellies, and other preserves. Food jars are heated by submerging them entirely in boiling water (212°F at sea level). *Clostridium botulinum* spores cannot develop or produce their lethal toxin in foods with a high acid content (pH of 4.6 or less). High-acid foods include fruits and well-pickled vegetables. At boiling temperatures, these foods can be safely canned in a boiling water bath. The pH of tomatoes and figs is around 4.6. To can them in a

boiling water bath, you'll need to add acid in the form of lemon juice or citric acid.

## **Benefits of Canning**

Canning was prevalent in practically every family until the emergence of our contemporary food stores. It was both a requirement and a way of life. Compare this to the present day. Only a few generations have passed, and the vast majority of people have lost the art of food preservation. In recent years, interest in food preservation has grown, and canning, in particular, has seen a comeback in popularity. This has happened because of several reasons:

**Canning saves money:** Let's face it, food isn't cheap. You can save money by purchasing or collecting foods in season and canning them for later use. This is especially true when the food you are receiving is of poor quality. You might be shocked at how exquisite canned food from your own kitchen can taste.

**Minimal Food Waster :** Only gardeners can feel the pain of food wastage. It takes months to grow a plant crop, and seeing it getting wasted is heartbreaking. You wait patiently for your garden to begin producing for a few months. Not everything we buy or grow can be consumed in time. With canning, you can store the leftovers and prevent food wastage.

**Canning preps for difficult economic times :** Recent pandemic crisis has shown the world that reliance on home-grown food and home-canned products is the best way to ensure food security. Saving for the rainy days is always a great way.

**Canning is Environmentally friendly:** Canning your own food is a great method to lessen your carbon footprint. The



canned products we buy from stores come from hundreds of miles away, and they are prepared in different factories running on fuel. You can reduce that carbon footprint by not using such products. Canning jars are reusable, which means that once you buy them, you can use them for years to can lots of organic and fresh food products.

**Share as Gifts:** Many individuals enjoy canning because it brings back memories of a simpler time. It could have been something their mother or grandmother used to do. Furthermore, canned goods make excellent gifts. The time and effort that went into making homemade jam or pickles are far more valuable than the meal itself.

**Good Taste:** It's a proven fact that homemade cuisine tastes better. A high-quality home-canned product created with fresh, locally grown ingredients is unbeatable. Even if your initial investment doesn't save you money (because of the cost of jars, a canner, and other supplies), you'll have a healthier, tastier product in your cupboard. Another advantage is that you'll be able to customize recipes to your preferences and even try out new flavour combinations.

### **Canning vs Freezing**

Canning and freezing are two separate ways of food preservation, with the difference being in the process of preserving the goods for future use. Goods that are canned are placed in canning jars and stored in a cool, dry environment, whereas frozen foods are placed in freezer-safe containers and stored in the freezer. Both canning and freezing are viable methods for preserving food at home. Canning is a better option because the items have a longer shelf life and won't decay during a power outage; however, freezing is favored over canning because of the time and stages necessary in the canning process.

### **Canning vs Pickling**

The brine is the major distinction between canning and pickling. Pickles are usually canned to keep them fresh for a long time. You can pickle practically anything, even meats, but cucumbers are the most common. You can also pickle them, but not in a can, but they must be kept refrigerated and consumed fast.

### **Water bath canning equipment**

Water bath canning is a relatively easier process as the food in the cans is cooked for a few minutes in boiling water and then removed. But to make it safe to handle the hot jars, it is best to use the suitable tools that are specially designed for this process:

#### **Water Bath Canner**

A huge covered cooking pot with a rack is referred to as a water bath canner. Any metal container that is deep enough to cover the jars with 1 inch of rapidly boiling water can be utilized.

To ensure adequate treatment of all jars, the diameter of the canner should be no more than 4 inches broader than the diameter of your stove's burner. It's not a good idea to use a wash kettle that fits over two burners since the middle jars won't get enough heat. The water canner must have a flat bottom for use on an electric range.

The canner must have a rack and a tight-fitting lid. The rack prevents the jars from touching the canner's bottom and lets water circulate freely beneath them. A boiling water bath canner can be utilized with a deep pressure canner. Just make sure there's enough room above the jars for 1 inch of rapidly heating water. Place the lid on the canner loosely — don't tighten it. Allow plenty of room for steam to escape and pressure to build up inside the vent.

#### **Meal Bands**

Metal bands that are clean, rust-free, and undented to fit your jars. These attach to the jars' threaded rims and keep the lids in place until the items are processed. Then it was sealed and cooled. If your bands aren't dented or broken, you can reuse them.

### **Canning Lids**

Metal canning lids that fit your jars and are single-use. Every time you process food, you must use brand-new lids. The inner gasket in these lids softens during processing (heating in the canner), enabling air to escape from the jar during cooling while establishing an airtight seal when the jars cool.

### **A funnel for canning.**

This wide-mouthed funnel, made of stainless steel or plastic, prevents food from spilling onto the jar's rim while you're filling it.

A ladle made of stainless steel. If you're buying a new one, look for one with a long handle and a pouring spout or rim.

### **A tool for lifting jars.**

These specialist tongs fit around the base of the canning jar rims and are used to safely grasp and remove hot jars straight out of the canner after processing and to lower them into a boiling water canner.

### **A strainer or a food mill.**

These devices come in a variety of shapes and sizes and are used to mash soft, cooked meals and sieve them to remove skins and seeds from the pulp. Though I have a modern, heavy-duty food mill that attaches to the countertop and comes with multiple different-sized screens, I still use an old hand-cranked Foley Food Mill that I got from my mother. I rarely use it since it takes too long to assemble and clean in the midst of summer growing, harvesting, and preserving.

The old Foley is ready to depart, hanging from a hanger. It's also dependable while requiring some muscle force and simple to clean.

## **Other Tools**

A ladle

A canning funnel

A timer

A clean spatula or chopstick

A moist, clean towel or paper towel

A lid caddy (pictured)

A magnetic lid wand

A canning rack with handles

## **Canning jars**

The finest jars to use for home canning are Mason-style jars. Commercial mayonnaise jars, especially in a pressure canner, may not seal and break.

Any form of old vintage glass canning jar is treasured by collectors. These jars are frequently too brittle to resist the heat treatment required for canning and are prone to breaking during the process. They're better used for something other than canning.

Canning jars are available in a wide range of sizes, from half-pint to half-gallon. The most frequent sizes are pint and quart jars. Many goods in half-pint, 12-ounce, or 1 1/2 pint jars haven't been given processing periods. If the recipe doesn't indicate it, prepare half-pint and 12-ounce jars for the same amount of time as pint jars. 1 1/2 pints take the same amount of time to prepare as quarts. Pint and 12-ounce jars can be processed at the same time as half-pint jars for jellied fruit items only. Only use half-gallon canning jars for highly acidic juices. Jars are available in both normal and wide-mouth designs. Jars can be reused indefinitely if used properly.

### **Two-Piece Lids:**

The majority of today's canning jars feature two-piece, self-sealing lids. A flat metal disc with a sealing compound around the outside edge and a separate metal screw band makes up this type. The lid is only used once; the screw band, on the other hand, can be reused until it rusts. Old, damaged, or distorted lids, as well as those having gaps or defects in the sealing compound, should not be used. It's possible that these will not seal. Lids should last at least five years after they've been manufactured. For home canning, never reuse lids from commercially canned items.

### **Zinc Lids & Bail-Type Jars:**

These jars had a rubber ring that fits on the jar's sealing ledge; however, they were no longer approved or made. In this country, some new imported bail-type jars are accessible. Many of these jars aren't heat tempered, and while they come with one rubber ring, there aren't any replacement rings available. These jars are better for food storage and decoration than for canning at home.

### **Steps for water bath canning**

In the bottom of a tall pot, such as a stockpot or a lobster pot, place a rack. The rack keeps the jars' bases off the pan's bottom, allowing evaporating water to escape around the jars and keeping them from rattling against each other and breaking. Fill the pot with enough water to cover them by at least one inch above the lids. Turn the heat up. Bring the water to 140 degrees Fahrenheit for raw packing and 180 degrees Fahrenheit for hot packing. This can be done while you're prepping your canned items.

### **Fill the Jars**

Before you begin, inspect all jar rims for chipping or other flaws. When canning, do not use those jars. Make sure



you're working with fresh lids that haven't been processed before. Rings are reusable. Heat these canned jars in the water bath and the lids in a separate container of hot water if the manufacturer of your jars and lids directs you to. Ball Mason Jars have revised their advice, claiming that this is no longer necessary for their goods. Before filling your jars and lids with Ball and Kerr goods, wash them in hot, soapy water, then rinse and dry thoroughly. Alternatively, you can put the jars (but not the lids) through a dishwasher cycle. Fill your canning jars with the ingredients you just prepared, working quickly with a ladle. Between the top of the food inside and the rim of the jars, leaving an adequate amount of headspace, usually between 1/4 inch and 1 inch. This is something that should be specified in the recipe. To expel any trapped air bubbles, run a clean spatula or chopstick around the inside of the jars. With a clean, wet towel or paper towel, wipe any traces of food off the rims. This improves the contact between the lid and the jar, resulting in a better seal.

### **Apply the Lids and Rings**

Place the circular canning lids on the jars using the magnetic lid wand, which allows you to grab them one at a time. Attach the bands to the jars until they are just finger-tight. You want them to be tight enough to keep air out during the canning process but not too tight.

### **Process the Jars First**

Load the jars into a rack with handles and lower it into the water bath if you have one. Otherwise, use a jar lifter or tongs to carefully lower the filled jars into the boiling water, being cautious not to let the food come into contact with the jars' rims. At least 1 inch of water should be above the tops of the jars. If there isn't enough, add additional hot water until there is. The kettle comes in useful at this point.

Between the jars, there should be at least 1/2 inch of space. Raise the heat to be high and bring the water to a full boil. Cover the saucepan with the lid. Begin timing according to the recipe's instructions. "Process for 10 minutes," for example, will be written on canning recipes that call for a boiling water bath. After you've placed the jars of food in the water and brought it back to a full boil, the processing period begins. Reduce the heat until the water comes to a moderate but full boil if the water is boiling too quickly.

### **Let the Jars Cool Down**

Turn off the heat and leave the jars to cool for five minutes once the processing time has expired. When the processing time is up, place the jars in their rack or lift them out with a jar lifter or tongs. Lift the jars vertically, not tilting them, since this could cause the food within to interfere with the lid's closure. Allow 1 inch between jars before transferring them to a cooling rack or cloths on a counter. Avoid placing them directly on counters or in draughty areas since this can cause temperature shock and breakage. Allow them to cool for 12 to 14 hours, undisturbed. During this period, do not disturb the jars or lids. As the lids bend and seal, you'll hear a pinging sound. This is very normal.

### **Test the Lids, and Store Your Jars**

After the hot jars have cooled, press down on the lids to see if they have sealed properly. When you press on them, they won't jiggle and will feel firm. Take out the rings. By carefully lifting the jars from the rim's edge, you can check the seal once again. You should be able to lift those jars using only the lid's tension. If any of the lids fail, refrigerate the contents and eat them as soon as possible. Alternatively, if the contents have not been exposed to the elements for more than 24 hours, they can be reprocessed using the same approach with a clean lid and, if required, a new jar. To

eliminate any sugars or other residues from the canning process, wash or wipe down your jars with a damp cloth.

### **Water bath canning tips**

One of the advantages of canning at home is that you can preserve seasonal fruit. To achieve the greatest quality finished product, choose ripe but not overripe or bruised fruit or vegetables. You want to be working with products that are beautiful and that you would consume.

### **Follow the Authentic Recipes**

Water bath canning is a science as well as a cooking method. To ensure the safety of the completed product, you must follow the most recent requirements for safe canning methods and use recipes that have been thoroughly tested. You don't need to experiment when it comes to water canning. Slight use of wrong ingredients can spoil the preservation process. If you are a newbie, then I would recommend you to stick to the recipes shared in this cookbook.

### **Be Careful**

Water bath canning recipes are designed and tested to ensure that they preserve a specific pH level, which is a measure of how acidic a meal is. When you deviate from the recipe, the pH level can become too high or too low, making your completed product unhealthy and prone to deterioration.

### **Gather Necessary Tools**

All the necessary tools must be around when you are water bath canning. It would recommend keeping the jars ready and sterilized before working on your ingredients. In this way, you can add the food directly to the jar and lid it. Before preparing the ingredients, also set the canner in

place and keep the jar lifter, handles, lid rings and kitchen towel in your reach.

### **Label And Store Properly**

One common mistake that people make while home-canning is not labelling the prepared jars. A lot of veggies or fruits look the same inside the jar when they are canned, so it gets difficult to identify whatever is preserved. It is best to label the jars with the name of the food stored inside and also mention the date of canning for future reference and use. It will help you keep the pantry set and organized.

### **Pressure Canning**

Pressure canning is a method of preserving food cooked and sealed using high pressure. Special equipment is used for cooking food at a higher temperature to prevent it from rotting. Pressure canning is essential to preserve "low acid" plants and food. Pickled cucumbers and tomatoes, as well as berries and fruit, can be easily preserved with water-bath canning. The only safe way to preserve "low-acid" foods without introducing the harmful bacteria *Clostridium botulinum*, which causes botulism, a lethal illness, is through pressure canning. Low-acid vegetables, birds, meats, shellfish, soups, stock, and stews are just a few examples of items that can be stored simply.

### **Tools for Pressure Canning**

The canning tools used for pressure canning are almost similar to those used for water canning, except for the pressure canner, which is a cooking pot with a pressure cooking lid. The lid has a vent which is close and opened to regulate the pressure inside. Here is a list of things that you will need for this process.

- Pressure canner
- Glass jars, lids, and bands

Wooden spoon  
Ladle  
Paring knife  
Wire rack  
Jar lifter  
Home canning funnel

### **Steps for Pressure Canning**

Warm your canning jars in boiling water at 180 degrees F. When jars are kept hot, they are less likely to break when loaded with hot food. To make handling easier, keep the lids and bands at room temperature. Fill your pressure canner halfway with water. Bring to a gentle boil. Prepare the desired low-acid preservation recipe that has been tried and true.

Remove the pre-heated jars from the hot water using a jar lifter. Fill each jar one at a time with prepared food using a Jar Funnel, leaving the headspace provided in the recipe. Remove all the air bubbles by pressing the weight on top of the ingredients inside or stirring the rubber spatula.

Wipe the jar's rim and threads with a clean, wet cloth to remove any food residue. By centering the lid on the jar, the sealing compound will come into contact with the jar rim.

Adjust the band until it is snug around your fingertip. Place the jar in a canner. Repeat the previous steps until all the jars have been filled. Make certain that the water is clean. Close the canner lid but leave the vent pipe open. Increase the heat to medium-high. Allow the steam to escape through the vent pipe for 10 minutes or until a steady flow of steam forms to guarantee the canner is free of air (only steam). Use a weight or the method recommended for your canner to close the vent. Heat should be monitored and adjusted to reach the desired pressure.

Maintain the recommended pressure for the amount of time specified in the preserving recipe. Turn the heat off. Allow



the canner to sit undisturbed (without the weighted gauge) until the pressure drops to zero. Wait 10 minutes before removing the weight and unlocking the lid while tilting it away from you. Leave 10 minutes for the jars to cool completely.

Remove the jars from the pressure canner and place them on a towel to cool. This will avoid jar breakage caused by temperature variations. Allow 12 to 24 hours for jars to sit undisturbed. Retightening the bands may cause the sealing procedure to fail.

### **Common Food to Home-Can**

There are several food items that you can water-can to preserve for a longer duration. Some of the most commonly used fruits, food and veggies that you can store in this way are listed below:

**Peaches:** They are a type of food that can be water canned easily. Peaches are one of my favourite summertime foods to can, and they're perfect for water bath canning!

**Pear:** Pears, like peaches, are an excellent first food to can in a water bath canner. You may preserve them in halves, slices, or even pear sauce!

**Applesauce:** It was the very first thing I canned. When I was little, we made it every year, and I've carried on the tradition with my own children. Applesauce is simple to make if you have a strainer. There will be no peeling or coring! All you have to do now is chop up the apples, and you're ready to go!

**Plums :** Because of their high acid and sugar content, fruits are ideal for canning in a water bath canner. Plums are another excellent tree fruit for water bath canning.

**Pickles** : Most people associate pickles with cucumbers. However, you can pickle a variety of veggies, including:

Radishes

Zucchini

Beans

Tomatoes

So, get your favourite vegetable and see if you water-can it!

**Relish** is a popular condiment in many families. It's also a cuisine that you can create at home—and can in a boiling water bath! Cucumbers, onions, garlic, and spices are all diced up to pickle a relish.

**Cherries:** If you have access to cherries, canning them and storing them on your pantry shelf is a fantastic idea. The pitting is the only drawback to preserving cherries. However, if you invest in a handy cherry pitter, the process will go much more quickly! Simply canning has a fantastic canning cherry instructional, with methods ranging from no sugar to heavy syrup.

**Berries:** Another high acid food that can be preserved in a water bath canner is berries. Elderberries, blackberries, blueberries, raspberries, huckleberries

**Pie Filling** : Pie fillings are a terrific alternative for water bath canning if you make a lot of pies or if you're bored of canning basic fruit. Pie fillings can be made in a variety of ways:

Blueberry

Apple

Cherry

Peach

**Fruit Preserves** : One of the most popular first foods for new canners is fruit preserves. Blueberries, strawberries, peaches, and other fruits can all be used to produce preserves.

**Apple Butter** : Many people consider apple butter to be a fall favourite. And we can't make applesauce without creating apple butter, right? I like to simmer down my apples in a crockpot because it makes the home smell nice while it cooks.!

**Fruit Jam** : Preserves lack pectin, and a jam has it. Jam, like preserves, is simple to produce and can be made with any fruit. So take your canner, fruit, and pectin, and get ready to create some jam! Almost every box of pectin includes a leaflet with jam-making directions for the majority of fruits.

**Fruit, vegetable, or flower jelly:** Jelly differs from jam in that it contains pectin and is created entirely from the juice. I usually make jam or preserves with my fruit, but I enjoy making flower jellies using forsythia, redbud, and violets!

**Tomato Sauce:** Tomato sauce is a household staple, and it's one of the things that may be canned in a water bath canner! To ensure that your sauce has a high enough acid level to safely can, use a tested recipe and add an acid such as citric acid or vinegar.

**Tomato Salsa** : Another favourite canned food at home is salsa. And having a stash of salsa in your pantry is fantastic! Again, stick to a tried-and-true recipe and pay attention to the measurements of tomatoes, peppers, onions, and other ingredients.

**Juice:** Yes, you can also juice with a water bath canner.  
Juice of a tomato

Juice from grapes  
Juice from an apple  
Juice from berries

**Ketchup:** Homemade ketchup is delicious, and it's an excellent dish to can in a water bath canner if you have a lot of tomatoes. Be warned: to produce a small amount of ketchup; you'll need a lot of tomatoes! It also takes an entire day to cut down.

**BBQ Sauce:** Summer is a grilling season, and you can make a statement with your own handmade, home-canned BBQ sauce! BBQ sauce, like many tomato-based items, can be canned in a water bath canner. Remember, as usual, to use a tried-and-true recipe and to follow the instructions!

**Dressings with vinaigrette:** Of course! Salad dressings can also be canned. Because of their strong acidity, most vinaigrettes, but not all, can be canned in a water bath canner.

## **Frequently Asked Questions**

### **Is it possible to re-canned food if the lid does not seal?**

If the unsealed jar is discovered within 24 hours, safely processed home-canned food can be re-canned. Remove the lid and inspect the jar sealing surface for microscopic nicks before re-canning. If required, replace the jar. Use a new prepared flat lid with two-piece metal lids. For reuse or re-canning of other lids, follow the manufacturer's instructions. Reprocess the jar at the same time as before.

### **Is it okay to eat canned items that have been frozen during storage?**

Unless the seal is broken or the jar is shattered, freezing does not cause food to spoil. As the food expands during freezing, this is a common occurrence. Frozen foods, on the

other hand, maybe less appealing than canned items that have been properly maintained. Wrap the jars in paper or cover them with a blanket in an unheated storage area to safeguard canned foods.

### **Is it really necessary to leave some room in the jar?**

Yes, ensuring a vacuum seal requires leaving the specified amount of headspace in a jar. When air is squeezed out from under the cover during processing, if there isn't enough headroom, the food may expand and bubble out. The boiling food may leave a deposit on the jar's rim or the lid's seal, preventing the jar from properly sealing. If there is too much room, the food at the top will discolor. Also, because there will not be enough processing time to remove all of the air from the jar, it may not seal properly.

### **How long can canned food last fresh for eating?**

For at least a year, properly canned food maintained in a cool, dry environment will keep its best eating quality. Depending on the temperature, canned food stored near hot pipes, a range, a furnace, or in indirect sunlight may lose some of its eating quality in a few weeks or months. Dampness can corrode cans or metal lids, causing leaking and spoilage of the food.

### **Is sterilization of jars required before canning?**

Before filling jars that will be processed in a boiling water bath canner for less than 10 minutes, they must first be sterilized by boiling them in hot water for 10 minutes.

### **Is it possible to process two layers of jars in a canner at the same time?**

Yes, two layers can be processed in the boiling water bath or pressure canner at the same time. A tiny wire rack should be placed between the layers to allow water or steam to

circulate around each jar. In a boiling water bath canner, make sure the water covers the tops of all jars by 1 inch.

**Is it necessary to restore liquid that is lost during processing?**

No. food does not rot when liquid is lost, albeit the food above the liquid may discolor. Refrigerate the jar(s) and consume within 2 to 3 days if the loss is excessive.

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# WATER BATH CANNING RECIPES

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# PICKLES RECIPES

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## CUCUMBER PICKLE



**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 56**

3 C. water  
2<sup>3</sup>/<sub>4</sub> C. white vinegar  
14 whole garlic cloves, peeled and halved  
¼ C. pickling salt  
4 lb. pickling cucumbers, cut in half lengthwise  
14 fresh dill sprigs  
28 peppercorns

1. In a medium-sized saucepan, add water, vinegar, garlic, and salt over medium-high heat and bring to a boil.
2. Remove the saucepan of vinegar mixture from heat.
3. With a slotted spoon, remove the garlic cloves from mixture and divide into 7 (1-pint) hot sterilized jars
4. Then divide cucumber, dill, and peppercorns in each jar.
5. Pour the hot vinegar mixture over the cucumber, leaving about ¼-½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.

7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 11 | Fat: 0.1g | Carbs: 2.1g | Fiber: 0.4g | Protein: 0.5g

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## **SPICED CUCUMBER PICKLES**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 48**

- 4 C. white vinegar
- 4 C. water
- ½ C. pickling salt
- 5 fresh dill sprigs
- 5 tsp. dill seeds
- 5 tsp. mustard seeds
- 5 tsp. coriander seeds
- 5 tsp. black peppercorns
- 5 lb. small cucumbers, ends trimmed and cut into ½-inch slices lengthwise
- 1 onion, sliced thinly
- 10-15 garlic cloves, peeled

1. For brine: in a non-reactive saucepan, add vinegar, water and pickling salt over medium-high heat and bring to a boil.

2. In the bottom of 6 (1-pint) hot sterilized jars, divide the dill sprigs, seeds and black peppercorns.
3. Now pack each jar with cucumber, onion slices and garlic cloves, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 16| Fat: 0.2g| Carbs: 2.8g| Fiber: 0.5g| Protein: 0.5g

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## **SWEET CUCUMBER & LIME PICKLES**

**Prep Time: 20 mins.| Cook Time: 35 mins.| Canning Time: 10 mins.| Serves: 32**

8 C. water

¼ C. pickling lime

1¾ lb. medium cucumbers, ends trimmed and sliced crosswise

2 C. white vinegar

2 C. granulated white sugar

¼ tbsp. pickling salt

¼ tbsp. and mixed pickling spice

1. In a non-reactive container, combine water and pickling lime.

2. Soak the cucumber slices in lime water overnight, stirring occasionally.
3. Then drain the cucumber slices and rinse in cool water completely.
4. Drain the cucumber slices completely.
5. Now in the same cleaned non-reactive container, place the ice water.
6. Add the cucumber slices and refrigerate for about 3 more hours.
7. Meanwhile, in a bowl, add the vinegar, sugar and salt and beat until sugar is dissolved.
8. Drain the cucumber slices and return in the same container.
9. Pour the sugar syrup over the cucumber slices and refrigerate overnight, stirring occasionally.
10. In the center of cheesecloth, tie the pickling spices.
11. The next day, drain the syrup from cucumber slices and transfer into a saucepan.
12. Add the bouquet into the pot over medium-low heat and simmer for about 35 minutes.
13. Remove from the heat and set aside.
14. In the bottom of 4 (1-pint) hot sterilized jars, divide the cucumber slices.
15. Pour the hot syrup over slices to cover, leaving about ½-inch space from the top.
16. Run a clean knife around the interior of each jar to remove air bubbles.
17. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
18. Close each jar with a lid and screw on the ring.
19. Arrange the jars in a boiling water canner and process for about 10 minutes.
20. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
21. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.

2. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 52 | Fat: 0g | Carbs: 13.1g | Fiber: 0.1g | Protein: 0.2g

## **CUCUMBER & SCALLION PICKLE**



**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 8**

- 1 C. water
- 1/3 C. apple cider vinegar
- 1-2 tsp. salt
- 2 C. cucumbers, sliced
- 1 C. scallions, sliced

1. In a medium-sized saucepan, add water, vinegar, garlic, and salt over medium-high heat and bring to a boil.
2. Meanwhile, in the bottom of 1 (1-pint) hot sterilized jar, divide the cucumber and scallion slices.
3. Pour the hot vinegar mixture over slices to cover, leaving about ½-inch space from the top.
4. Run a clean knife around the interior of the jar to remove air bubbles.
5. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
6. Close the jar with a lid and screw on the ring.
7. Arrange the jar in a boiling water canner and process for about 10 minutes.

8. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
10. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 10 | Fat: 0.1g | Carbs: 2g | Fiber: 0.5g | Protein: 0.4g

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## CUCUMBER & CHILES PICKLE

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

- 4 C. white vinegar
- ¼ C. pickling salt
- 1 tsp. white sugar
- 1 tbsp. whole peppercorns
- 1 tbsp. coriander seed
- 8 dried chiles
- 20 whole garlic cloves, halved
- 4 tsp. dill seeds
- 3-3½ lb. small pickling cucumbers, cut into spears

1. In a small-sized saucepan, add vinegar and bring to a boil.
2. Meanwhile, divide salt, sugar, peppercorns, coriander seed, dried chiles, garlic, and dill in 2 (1-quart) hot sterilized jars.
3. Now place the cucumber spears in each jar.
4. Pour the vinegar over the cucumber, leaving about ¼-½-inch space from the top.
5. Run a clean knife around the interior of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.

8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 20 | Fat: 0.1g | Carbs: 3.3g | Fiber: 0.4g | Protein: 0.5g

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## **FERMENTED CUCUMBER PICKLE**

**Prep Time: 20 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 48**

16 C. water

6 tbsp. kosher salt

9 whole garlic cloves, unpeeled and lightly crushed

2 tbsp. pickling spice

6 bay leaves

1 large fresh dill bunch

18-20 small cucumbers, scrubbed

1. For brine: in a large-sized saucepan, add 4 C. of water and salt and bring to a boil, stirring continuously.
2. Remove the saucepan of water from heat and add in the remaining water.
3. Divide the garlic, spices, bay leaves, and dill into 3 (1-quart) hot sterilized jars evenly.
4. Now place the cucumber spears in each jar.
5. Pour the vinegar over the cucumbers, leaving about  $\frac{1}{4}$ - $\frac{1}{2}$ -inch space from the top.
6. Cover each jar with cheesecloth and then secure with a rubber band.
7. Place the jars of pickle in a cool, dark place for 3-6 days.
8. Uncover the jars and remove the pickles from the brine.

9. Strain the brine into a small saucepan, discarding the dill, spices and garlic.
10. Place the pickles into the same jars.
11. Place the pan of the strained brine over medium heat and bring to a boil.
12. Pour the brine over the pickle, leaving about ¼-½-inch space from the top.
13. Run a clean knife around the interior of each jar to remove air bubbles.
14. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
15. Close each jar with a lid and screw on the ring.
16. Arrange the jars in a boiling water canner and process for about 10 minutes.
17. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
18. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
19. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 22 | Fat: 0.2g | Carbs: 5.3g | Fiber: 0.7g | Protein: 1g

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## **SWEET CUCUMBER & ONION PICKLE**

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 16**

- 1 C. apple cider vinegar
- 1 C. white sugar
- 2 tbsp. salt
- ½ tsp. mustard seeds
- ¼ tsp. ground turmeric
- 2 lb. cucumbers, sliced
- 2 sweet onions, sliced



1. In a small-sized non-reactive saucepan, add vinegar, sugar, salt, mustard seeds and turmeric over medium-high heat and bring to a boil, stirring frequently.
2. Cook for about 5 minutes.
3. Meanwhile, in the bottom of 1 (1-quart) hot sterilized jar, place the cucumber and onion slices.
4. Pour the hot vinegar mixture over slices to cover, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 65| Fat: 0.1g| Carbs: 16g| Fiber: 0.6g| Protein: 0.5g

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## PEARL ONION PICKLES



**Prep Time: 10 mins.| Cook Time: 10 mins.| Canning Time: 10 mins.| Serves: 10**

2 lb. pearl onions, peeled  
2 tbsp. salt  
2 C. malt vinegar  
 $\frac{3}{4}$  C. granulated white sugar  
1 tsp. black peppercorns  
1 tsp. mustard seeds  
1 tsp. coriander seeds  
 $\frac{1}{2}$  tsp. ground ginger  
2 bay leaves

1. In a large bowl, add the onions and salt and toss to coat well.
2. Set aside overnight.
3. Then, rinse the onions well and with paper towels pat dry them.
4. In a non-reactive saucepan, add the remaining ingredients over medium heat and cook for about 8-10 minutes, stirring occasionally.
5. In the bottom of 2 (12-oz.) hot sterilized jars, divide the onions.
6. Pour the hot vinegar mixture over the onions, leaving about  $\frac{1}{2}$ -inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 105| Fat: 0.2g| Carbs: 24.2g| Fiber: 2.1g| Protein:  
1.1g

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## RED ONION PICKLE

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning  
Time: 10 mins. | Serves: 24**

### For Pickle

2 lb. red onions, cut into thin strips  
1¾ tsp. pickling salt  
1½ tsp. peppercorns, divided  
3 bay leaves, crumbled

### For Brine

1 C. cider vinegar  
1 C. water  
1/3 C. white sugar  
3½ tbsp. pickling salt

1. For pickled onions: in a bowl, add onion slices and pickling salt and toss to coat well.
2. Set aside for about 30 minutes.
3. Then rinse the onion slices completely.
4. Meanwhile, for brine: in a large non-reactive saucepan, add all ingredients over low heat and cook for about 5 minutes, stirring occasionally.
5. In the bottom of 3 (1-pint) hot sterilized jars, divide the peppercorns and bay leaves.
6. Place onion slices in each jar and gently press down with tongs.
7. Pour the hot brine over slices to cover, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.

- .0. Close each jar with a lid and screw on the ring.
- .1. Arrange the jars in a boiling water canner and process for about 10 minutes.
- .2. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- .3. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .4. Place the jars in refrigerator for 2 weeks.

Per Serving:

Calories: 28| Fat: 0.5g| Carbs: 6.5g| Fiber: 0.9g| Protein: 0.5g

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## **SWEET ONION PICKLE**

**Prep Time: 15 mins.| Cook Time: 20 mins.| Canning Time: 10 mins.| Serves: 16**

8 C. white onions, peeled and thinly sliced  
2 tbsp. canning salt  
1<sup>3</sup>/<sub>4</sub> C. white vinegar  
1 C. white sugar  
1 tsp. dried thyme

1. Arrange a colander over the sink.
2. Place the onion slices and salt into the colander and toss to coat well.
3. Let stand 1 hour.
4. Rinse the onion slices and drain well.
5. With your hands, squeeze to remove excess liquid.
6. In a Dutch oven, combine vinegar, sugar, and thyme and bring to a boil.
7. Add onions and again bring to a boil.
8. Adjust the heat to low and simmer for about 10 minutes.
9. Remove the pan of onion mixture from heat.
- .0. Divide the hot onion mixture into 4 (1/2-pint) hot sterilized jars, leaving about 1/2-inch headspace.

1. Slide a small knife around the insides of each jar to remove air bubbles.
2. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
3. Close each jar with a lid and screw on the ring.
4. Arrange the jars in a boiling water canner and process for about 10 minutes.
5. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
6. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
7. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 76 | Fat: 0.1g | Carbs: 18.2g | Fiber: 1.3g | Protein: 0.6g

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## GINGER PICKLE

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 8**

8 oz. fresh baby ginger, scrubbed and thinly sliced  
2 C. boiling water  
1 C. unseasoned rice vinegar  
¼ C. white sugar  
1 tsp. kosher salt

1. In a large heat-proof bowl, place the ginger slices and top with boiling water.
2. Set aside for about 5 minutes.
3. Drain the ginger well and then divide into 2 (½-pint) hot sterilized jars.
4. In a non-reactive saucepan, add vinegar, sugar, and salt and bring to a boil, stirring continuously.
5. Pour the hot vinegar mixture over the ginger, leaving about ½-inch space from the top.

6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 59| Fat: 0g| Carbs: 13.3g| Fiber: 0g| Protein: 0g

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## GARLIC PICKLE



**Prep Time: 15 mins.| Cook Time: 15 mins.| Canning Time: 10 mins.| Serves: 32**

- 5 C. white vinegar
- $\frac{1}{4}$  C. canning salt
- 2 lb. fresh garlic cloves, peeled
- 1 tsp. red pepper flakes, crushed
- 4 heads fresh dill

1. In a large non-reactive saucepan, add vinegar and salt and bring to a boil. .

2. Now set the heat to low and cook for about 10 minutes, stirring occasionally.
3. In the bottom of 4 (1-pint) hot sterilized jars, divide the garlic, red pepper flakes and 1 dill head.
4. Pour the hot vinegar mixture over the garlic mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Place the jars in refrigerator for up to 2-3 month.

Per Serving:

Calories: 51| Fat: 0.2g| Carbs: 10g| Fiber: 0.7g| Protein: 1.9g

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## **BANANA PEPPERS PICKLE**

**Prep Time: 15 mins.| Cook Time: 5 mins.| Canning Time: 10 mins.| Serves: 16**

- 1 C. water
- 1 C. white vinegar
- 1 tbsp. pickling salt
- 1 garlic clove, smashed
- 1-2 tbsp. honey
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. whole black peppercorns

8 banana peppers, trimmed and cut into ¼ inch rings

1. In a large-sized non-reactive saucepan, add the water, vinegar, honey, dried herbs, and black peppercorns and bring to a boil, stirring frequently.
2. Add in the banana peppers slices and immediately remove from the heat.
3. Place the pepper mixture into 2 (1- pint) hot sterilized jars.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 27| Fat: 0.2g| Carbs: 5.9g| Fiber: 0.9g| Protein: 0.6g

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## JALAPENO PICKLE

**Prep Time: 15 mins.| Cook Time: 15 mins.| Canning Time: 10 mins.| Serves: 64**

6-8 lb. jalapeño peppers  
5 C. vinegar  
1 C. water  
2 garlic cloves, crushed lightly  
2 tbsp. white sugar  
4 tsp. pickling salt



1. Remove the stem end of each jalapeño pepper.
2. Cut the peppers into ¼-½-inch thick rings.
3. In a large non-reactive saucepan, add the vinegar, water, garlic, sugar and salt over medium-high heat and bring to a boil.
4. Then adjust the heat to low and cook for about 10 minutes.
5. Remove the saucepan of vinegar mixture from heat and discard the garlic.
6. In the bottom of 8 (1-pint) hot sterilized jars, divide the jalapeño rings.
7. Pour the hot vinegar mixture over the jalapeños, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 17| Fat: 0.4g| Carbs: 2.6g| Fiber: 1.1g| Protein: 0.4g

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## **MIXED CHILIES PICKLE**

**Prep Time: 15 mins.| Cook Time: 10 mins.| Canning Time: 10 mins.| Serves: 8**

1 tbsp. olive oil

12 oz. mixed chilies, sliced in half lengthwise

4 garlic cloves, sliced in half

1¾ C. white vinegar  
¾ C. water  
1 tbsp. white sugar  
½ tsp. salt

1. In a cast-iron wok, heat the oil over medium-high heat and cook the chilies and garlic for about 5 minutes, stirring frequently.
2. Remove the wok of chilies from heat and set aside to cool slightly.
3. Meanwhile, in a small non-reactive saucepan, add vinegar, water, sugar and salt over medium heat and cook for about 3-5 minutes or until sugar is dissolved, stirring continuously.
4. Transfer the chilies and garlic into a hot 1-pint hot sterilized jar.
5. Pour the hot vinegar mixture over the chilies and garlic, leaving about ¼-½-inch space from the top.
6. Slide a small knife around the insides of jar to remove air bubbles.
7. Wipe the rim and threads of the jar using a clean, damp cloth to remove any food residue.
8. Close the jar with lid and screw on ring.
9. Process the jar in a boiling water canner for about 10 minutes.
10. Carefully remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
12. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 48 | Fat: 2g | Carbs: 5.3g | Fiber: 1.6g | Protein: 0.8g

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## **GREEN TOMATO PICKLE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 48**

5 lb. green tomatoes, cut into slices  
6 garlic cloves, peeled  
3 tbsp. dill seeds  
3½ C. white vinegar  
3½ C. water  
¼ C. canning salt

1. Divide the tomatoes, garlic cloves, and dill seeds into 6 (1-pint) hot sterilized jars evenly.
2. In a medium-sized non-reactive saucepan, add the vinegar, water and salt over high heat and bring to a boil, stirring frequently.
3. Pour the hot vinegar mixture over the tomatoes and garlic, leaving about ¼-½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 14 | Fat: 0.2g | Carbs: 2.4g | Fiber: 0.7g | Protein: 0.5g

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## **SWEET CHERRY TOMATO PICKLE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 16**

1 lb. cherry tomatoes  
3 whole garlic cloves, halved  
2 rosemary sprigs  
1 1/3 C. white vinegar  
1 C. water  
1/3 C. granulated white sugar  
2 tbsp. kosher salt  
1 tsp. black peppercorns  
1/2 tsp. red pepper flakes

1. Remove and discard any stem ends of tomatoes
2. With a toothpick, poke a hole all the way through each of the tomatoes.
3. Divide the tomatoes, garlic cloves, and rosemary sprigs into 2 (1-pint) hot sterilized jars evenly.
4. In a medium-sized non-reactive saucepan, add the vinegar, water, sugar, salt, red pepper flakes and black peppercorns over high heat and bring to a boil, stirring frequently.
5. Remove the saucepan of vinegar mixture from heat and set aside to cool for 10 minutes.
6. Pour the hot vinegar mixture over tomatoes to cover, leaving about 1/2-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 28 | Fat: 0.1g | Carbs: 6g | Fiber: 0.6g | Protein: 0.3g

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## RED CABBAGE PICKLE

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

1 large head red cabbage, shredded  
2 tbsp. pickling salt  
10 C. white vinegar  
6 tbsp. pickling spices

1. In a large ceramic bowl, add the shredded cabbage and salt in and mix well.
2. Place a heavy plate on the top of the cabbage, pressing it down and set aside for about 24 hours.
3. Drain the cabbage completely.
4. In a non-reactive saucepan, add vinegar and pickling spices over medium heat and bring to a boil.
5. In the bottom of 4 (1-pint) hot sterilized jars, divide the cabbage.
6. Pour the hot vinegar mixture over the cabbage, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.

.3. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 23| Fat: 0g| Carbs: 2.2g| Fiber: 0.8g| Protein: 0.3g

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## **CABBAGE & BELL PEPPER PICKLE**

**Prep Time: 15 mins.| Cook Time: 5 mins.| Canning Time: 10 mins.| Serves: 32**

2 lb. cabbage, cored and shredded  
5 C. bell peppers, seeded and cut into thin strips  
¼ C. pickling salt  
1½ C. white wine vinegar  
1 C. white sugar  
6 garlic cloves, minced  
4 tsp. mustard seeds  
½ tsp. hot pepper flakes

1. In a glass bowl, add cabbage, bell peppers and salt and mix well.
2. Cover the bowl and place in a cool place for about 8-12 hours.
3. Rinse the cabbage and drain completely.
4. In the bowl of cabbage mixture, add the garlic, mustard seeds and red pepper flakes and toss to coat well.
5. In a non-reactive saucepan, add the vinegar and sugar and bring to a boil.
6. In the bottom of 4 (1-pint) hot sterilized jars, divide the cabbage mixture.
7. Pour the hot vinegar mixture over the cabbage mixture, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- .0. Close each jar with a lid and screw on the ring.

1. Arrange the jars in a boiling water canner and process for about 10 minutes.
2. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
3. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
4. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 42 | Fat: 0.2g | Carbs: 9.3g | Fiber: 1.7g | Protein: 0.9g

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## **GREEN BEANS PICKLE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 16**

1½ lb. fresh green beans, trimmed  
2 C. water  
¼ C. apple cider vinegar  
1½ tbsp. kosher salt  
1 tbsp. granulated white sugar  
1 whole garlic clove, peeled  
1 tsp. whole mustard seeds  
1 tsp. whole peppercorns  
¼ tsp. red pepper flakes  
3 fresh dill sprigs

1. In a medium-sized non-reactive saucepan, add water, vinegar, salt, and sugar over medium-high heat and bring to a boil, stirring occasionally.
2. Remove the saucepan of vinegar mixture from heat and set aside to cool slightly.
3. Meanwhile, in the bottom of 1 (1-quart) hot sterilized jar, place garlic clove, mustard seeds, peppercorns and red pepper flakes.
4. Arrange the green beans in the jar vertically and then tuck in the dill sprigs.

5. Transfer the chilies and garlic into a 1-pint sterilized jar.
6. Place the vinegar mixture over the green beans, leaving about  $\frac{1}{4}$ - $\frac{1}{2}$ -inch space from the top.
7. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
8. Close the jar with a lid and screw on the ring.
9. Arrange the jar in a boiling water canner and process for about 10 minutes.
10. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
12. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 20 | Fat: 0.2g | Carbs: 4.5g | Fiber: 1.6g | Protein: 1g

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## BEET PICKLE



**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 5 mins. | Serves: 24**

- 3 lb. beets, trimmed
- 1 tsp. allspice berries
- 6 whole cloves
- 1 cinnamon stick
- 2 C. apple cider vinegar



¼ tsp. stevia extract

1. In a large-sized saucepan of boiling water, cook the beets for about 20-25 minutes.
2. Drain the beets, reserving 1 C. of cooking liquid.
3. Set the beets aside to cool.
4. Remove the skin of beets and then cut into slices.
5. In a cheesecloth, tie the whole spices.
6. In a large non-reactive saucepan, add vinegar, reserved cooking liquid, stevia, and spice bag over medium-high heat and bring to a boil.
7. Then adjust the heat to low and cook for about 15 minutes.
8. Meanwhile, in the bottom of 3 (1-pint) hot sterilized jars, divide the beet slices.
9. Pack each jar with pickling liquid, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Arrange the jars in a boiling water canner and process for about 10 minutes.
14. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 29 | Fat: 0.1g | Carbs: 5.9g | Fiber: 1.2g | Protein: 1g

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## **CAULIFLOWER PICKLE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

3 C. water  
1½ C. white vinegar  
3 tsp. granulated white sugar  
3 tsp. kosher salt  
1 tsp. red pepper flakes  
4 garlic cloves, halved  
4 fresh dill sprigs  
2 tsp. mustard seeds  
2 tsp. coriander seeds  
2 tsp. black peppercorn  
1 head cauliflower, cut into florets

1. In a small-sized non-reactive saucepan, add water, vinegar, sugar, salt and red pepper flakes over high heat and bring to a boil.
2. Meanwhile, in the bottom of 2 (1-quart) hot sterilized jars, divide the garlic, dill, coriander seeds, mustard seeds, and peppercorns evenly.
3. Top each jar with cauliflower florets evenly.
4. Pour the hot vinegar mixture over the jalapeños, leaving about ½-inch space from the top.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 9 | Fat: 0.1g | Carbs: 1.4g | Fiber: 0.4g | Protein:  
0.3g

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## CAULIFLOWER & BELL PEPPER PICKLE

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 16**

2 C. water  
1 C. white vinegar  
1 C. apple cider vinegar  
4 whole garlic cloves, peeled  
2 tbsp. white sugar  
1 tbsp. Kosher salt  
2 tsp. coriander seeds  
2 tsp. mustard seeds  
2 tsp. black peppercorns  
¼ tsp. red pepper flakes  
1 small-sized cauliflower head, cut into small florets  
1 bell pepper, seeded and sliced

1. In a medium-sized non-reactive saucepan, add water, vinegars, garlic, sugar, salt, coriander, mustard, peppercorns, and red pepper flakes over medium-high heat and bring to a boil.
2. Remove the saucepan of vinegar mixture from heat and set aside for about 5 minutes.
3. Meanwhile, in the bottom of 2 (1-pint) hot sterilized jars, divide the cauliflower and bells peppers evenly.
4. Pour the hot vinegar mixture over the cauliflower mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.

9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 19 | Fat: 0.2g | Carbs: 3.7g | Fiber: 0.8g | Protein: 0.7g

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## **SWEET CAULIFLOWER PICKLE**

**Prep Time: 15 mins. | Cook Time: 11 mins. | Canning Time: 10 mins. | Serves: 48**

- 12 C. cauliflower florets
- 3 C. water
- 4 C. white vinegar
- 4 C. granulated white sugar
- 2 C. red onion, thinly sliced
- 2 tbsp. mustard seeds
- 1 tbsp. celery seeds
- 1 tsp. salt
- 1 tsp. ground turmeric

1. In a large-sized saucepan of boiling water, cook the cauliflower florets for about 6 minutes.
2. Drain the cauliflower florets well and divide into 6 (1-pint) hot sterilized jars.
3. In a large-sized non-reactive saucepan, add water, vinegar, sugar, onions, mustard seeds, celery seeds, salt, and turmeric and bring to a boil, stirring frequently.
4. Pour the hot vinegar mixture over cauliflower florets to cover, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.

6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 78| Fat: 0.2g| Carbs: 18.9g| Fiber: 0.8g| Protein: 0.7g

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## **RADISH PICKLE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 8**

1 bunch radishes, washed, trimmed, and sliced thinly  
1 C. hot water  
½ C. apple cider vinegar  
1 tbsp. granulated white sugar  
1½ tsp. salt

1. In the bottom of 1 (1-pint) hot sterilized jar, place the radish slices.
2. In a measuring C., add water, vinegar, salt, sugar, and water and stir until sugar is dissolved.
3. Place the vinegar mixture over radishes, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of the jar to remove air bubbles.
5. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
6. Close the jar with a lid and screw on the ring.

7. Arrange the jar in a boiling water canner and process for about 10 minutes.
8. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of the jar's lid to ensure that the seal is tight.
10. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 16 | Fat: 0g | Carbs: 3.1g | Fiber: 0.7g | Protein: 0.3g

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## **SWEET RADISH PICKLE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 8**

½ C. apple cider vinegar

¼ C. water

½ C. white sugar

1 bay leaf

1 tsp. mustard seeds

1 tsp. salt

½ tsp. ground black pepper

½ lb. radishes, trimmed and cut into 1/8-inch slices

1. In a small-sized non-reactive saucepan, add vinegar, water, sugar, bay leaf, mustard seeds, salt and black pepper and bring to a boil.
2. Meanwhile, in the bottom of 1 (1-pint) hot sterilized jar, place the radish slices.
3. Pour the hot vinegar mixture over slices to cover, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
6. Close the jar with a lid and screw on the ring.

7. Arrange the jar in a boiling water canner and process for about 10 minutes.
8. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
10. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 57| Fat: 0.2g| Carbs: 13.8g| Fiber: 0.5g| Protein: 0.3g

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## SPICED CARROT PICKLE



**Prep Time: 15 mins. | Cook Time: 7 mins. | Canning Time: 10 mins. | Serves: 48**

2 lb. carrots, peeled, trimmed, and cut into thin sticks  
1½ C. white vinegar  
1½ C. water  
1½ tbsp. kosher salt  
2 tsp. dill seed  
1 tsp. mustard seeds  
1 tsp. black peppercorns  
½ tsp. red chili flakes  
3-4 garlic cloves, peeled and halved

1. In a large-sized saucepan of boiling water, cook the carrot sticks for about 2 minutes.
2. Immediately drain the carrot sticks and transfer into a bowl of ice water to cool.
3. Again, drain and pat dry the carrot sticks with a paper towel.
4. In a medium-sized saucepan, add vinegar, water, and salt and bring to a boil, stirring continuously.
5. Meanwhile, divide the dill seed, mustard seeds, peppercorns, chili flakes, and garlic gloves into 3 (1-quart) hot sterilized jars evenly.
6. Then divide the blanched carrots into jars.
7. Pour the vinegar over the carrots, leaving about ¼-½-inch space from the top.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 42 | Fat: 0.2g | Carbs: 8.4g | Fiber: 2g | Protein: 0.8g

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## **SWEET CARROT PICKLE**

**Prep Time: 15 mins. | Cook Time: 20 mins. | Canning Time: 10 mins. | Serves: 32**

5½ C. white distilled vinegar  
1 C. water  
2 C. white sugar



2 tsp. canning salt  
3 tbsp. pickling spices  
8½ C. small carrots, peeled and sliced lengthwise

1. In a non-reactive saucepan, add the vinegar, water, sugar and canning salt and bring to a boil.
2. Boil for about 3 minutes.
3. Add the carrots and bring to a boil.
4. Now set the heat to low and cook for about 10 minutes.
5. In the bottom of 4 (1-pint) hot sterilized jars, divide the pickling spices, followed by the carrot slices.
6. Pour the hot vinegar mixture over carrots, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 68 | Fat: 0g | Carbs: 15.8g | Fiber: 0.7g | Protein: 0.2g

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## **SWEET & SOUR CARROT PICKLE**

**Prep Time: 15 mins. | Cook Time: 7 mins. | Canning Time: 10 mins. | Serves: 16**

1 tsp. black peppercorns  
½ tsp. allspice berries  
1 C. water

1 C. rice vinegar  
1/3 C. granulated white sugar  
1 tbsp. kosher salt  
1 lb. carrots, peeled, trimmed, and cut into sticks  
3 whole garlic cloves, peeled

1. Heat a medium-sized non-stick saucepan over medium-low heat and toast the peppercorns and allspice berries for about 1-2 minutes, stirring continuously.
2. Add in vinegar, water, sugar, and salt.
3. Increase heat to medium-high and bring to a boil, stirring continuously.
4. Meanwhile, in the bottom of 1 (1-quart) hot sterilized jar, divide the carrots and garlic.
5. Pour the hot vinegar mixture over the carrots and garlic, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of the jar to remove air bubbles.
7. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
8. Close the jar with a lid and screw on the ring.
9. Arrange the jar in a boiling water canner and process for about 10 minutes.
10. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
12. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 39 | Fat: 0g | Carbs: 7.3g | Fiber: 0.8g | Protein: 0.3g

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## ZUCCHINI PICKLE

**Prep Time: 20 mins. | Cook Time: 13 mins. | Canning Time: 10 mins. | Serves: 48**

2 lb. zucchini, thinly sliced  
½ lb. onions, quartered and thinly sliced  
¼ C. salt  
2 C. white sugar  
2 C. apple cider vinegar  
2 tsp. mustard seeds  
1 tsp. celery seeds  
1 tsp. ground turmeric  
1 tsp. prepared yellow mustard

1. In a large bowl, add zucchini, onions, and salt.
2. Cover the zucchini mixture with water and stir until salt is dissolved.
3. Set aside for at least 2 hours.
4. Drain the zucchini mixture and transfer into a large heatproof bowl.
5. In a saucepan, add sugar, vinegar, mustard seeds, celery seeds, turmeric and mustard, and bring to a boil.
6. Pour the hot vinegar mixture over the zucchini mixture and set aside for at least 2 hours.
7. In a large saucepan, add zucchini mixture over medium-high heat and bring to a boil.
8. Boil for about 3 minutes.
9. In the bottom of 6 (1-pint) hot sterilized jars, divide the zucchini mixture, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Arrange the jars in a boiling water canner and process for about 10 minutes.
14. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.

- .5. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .6. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 39 | Fat: 0.1g | Carbs: 9.6g | Fiber: 0.3g | Protein: 0.3g

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## **ASPARAGUS PICKLE**

**Prep Time: 20 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 64**

6-7 lb. asparagus tips, trimmed  
5 C. white vinegar  
5 C. water  
1¼ C. white sugar  
7 tbsp. kosher salt  
8 tsp. red pepper flakes, crushed  
8 tsp. dill seed  
8 whole garlic cloves, peeled and each cut into 3 slices  
1 jalapeño pepper, cut into slices

1. In a large-sized saucepan of boiling water, add the asparagus and again bring to a boil.
2. Immediately drain the asparagus and transfer into a bowl of ice water to cool.
3. Drain the asparagus well and pat dry with a paper towel.
4. In a medium-sized saucepan, add vinegar, water, sugar, and salt and bring to a boil, stirring continuously.
5. Meanwhile, divide the red pepper flakes, dill seed, and garlic cloves into 4 (1-quart) hot sterilized jars evenly.
6. Then divide the blanched asparagus into jars.
7. Pour the vinegar over the asparagus, leaving about ¼-½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.

9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
1. Arrange the jars in a boiling water canner and process for about 10 minutes.
2. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
3. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
4. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 29 | Fat: 0.1g | Carbs: 6.1g | Fiber: 1g | Protein: 1g

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## **PUMPKIN PICKLE**

**Prep Time: 15 mins. | Cook Time: 1 hr. | Canning Time: 10 mins. | Serves: 24**

20 black peppercorns  
15 whole cloves  
10 allspice berries  
2 cinnamon sticks, crushed  
1 bay leaf  
8 C. white sugar pumpkin, peeled, seeded and cubed  
3 C. apple cider vinegar  
2 C. water  
2 C. granulated white sugar

1. In a muslin spice bag, place the peppercorns, cloves, allspice berries, cinnamon sticks and bay leaf.
2. In a large saucepan, add vinegar, water and sugar and bring to a boil, stirring continuously.
3. Add spice bag and pumpkin chunks and bring to a boil.
4. Reduce the heat to low and simmer for about 30-40 minutes or until the pumpkin chunks are fork-tender.

5. In the bottom of 6 (½-pint) hot sterilized jars, divide the pumpkin mixture, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Place the jars of pickle in refrigerator for up to 2 weeks.

Per Serving:

Calories: 92 | Fat: 0.3g | Carbs: 22.5g | Fiber: 2.1g | Protein: 0.7g

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## **BEET & TURNIP PICKLE**

**Prep Time: 20 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

2½ C. water  
1¼ C. cider vinegar  
3 tbsp. kosher salt  
2 lb. white turnips, peeled and julienned  
1 medium beet, peeled and sliced  
5-6 whole garlic cloves, thinly sliced  
1 small-sized fresh hot red chili pepper, minced

1. In a medium-sized saucepan, add water, vinegar, and salt and bring to a boil, stirring continuously.
2. Meanwhile, divide the turnips, beets, garlic, and red chili into 2 (1-quart) hot sterilized jars evenly.

3. Pour the hot vinegar mixture over the turnip mixture, leaving about  $\frac{1}{4}$ - $\frac{1}{2}$ -inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 12 | Fat: 0g | Carbs: 2.4g | Fiber: 0.5g | Protein: 0.3g

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## MIXED VEGGIE PICKLE

**Prep Time: 20 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

- 3½ quarts water
- 4½ C. vinegar
- 1 C. fresh lemon juice
- 5 tbsp. kosher salt
- 1 tbsp. ground turmeric
- 1 cauliflower head, core removed and cut into small-sized florets
- 5 carrots, peeled, trimmed, and sliced thinly
- 1 cabbage head, cored and cut into 2-inch chunks
- 2 turnips, peeled and cut into 1-inch matchsticks
- 2 red peppers, sliced into thin strips
- 3 jalapeño peppers, cut into chunks
- 12 whole garlic cloves, peeled
- 2 lemons, thinly sliced

1. In a medium-sized saucepan, add water and bring to a boil, stirring continuously.
2. Remove the saucepan of water from heat and stir in vinegar, lemon juice, salt and turmeric until dissolved.
3. Meanwhile, divide the vegetables and garlic into 2 (1-quart) hot sterilized jars evenly.
4. Place the vinegar mixture over the veggie mixture, leaving about  $\frac{1}{4}$ - $\frac{1}{2}$ -inch space from the top.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 52 | Fat: 0.2g | Carbs: 5.7g | Fiber: 1.4g | Protein: 0.8g

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## **SWEET & SOUR VEGGIE PICKLE**

**Prep Time: 20 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 24**

- 1 (2-lb.) head cabbage, cored and cut into chunks
- 4 carrots, peeled, trimmed, and sliced
- 1 red bell pepper, seeded and sliced
- 6 whole garlic cloves, crushed
- 1 ( $1\frac{1}{4}$ -inch) piece fresh ginger root, peeled and minced
- 2 red chili peppers, sliced
- 3 C. water
- $1\frac{1}{2}$  C. white vinegar
- $\frac{3}{4}$  C. white sugar



5 tbsp. kosher salt, divided

1. In a large-sized bowl, place the vegetables and 4 tbsp. of salt and toss to coat well.
2. Arrange a heavy pot on top of the vegetables and set aside for about 1½ hours.
3. Rinse the vegetables under cold running water 3-4 times to remove the salt.
4. Drain the vegetables well.
5. Then squeeze the vegetables to remove all the extra water.
6. In a large-sized bowl, add vegetables, garlic, ginger, and chili peppers and mix well.
7. Divide the vegetable mixture into 3 (1-pint) hot sterilized jars evenly.
8. In a medium-sized saucepan, add water, vinegar, and salt and bring to a boil, stirring continuously.
9. Place the vinegar mixture over the veggie mixture, leaving about ¼-½-inch space from the top.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Arrange the jars in a boiling water canner and process for about 10 minutes.
13. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 51 | Fat: 0.1g | Carbs: 10.6g | Fiber: 1.3g | Protein: 0.7g

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## PEACH PICKLE

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 32**

2 tbsp. whole cloves  
4 lb. fresh peaches, blanched and peeled  
4 C. white sugar  
1 C. water  
1 C. white vinegar  
5 (3-inch) cinnamon sticks

1. Press 1-2 cloves into each peach. Set aside.
2. In a large-sized non-reactive saucepan, add sugar, cinnamon sticks, water, and vinegar over medium-high heat and bring to a boil, then strain this liquid.
3. Add in peaches and cook for about 20 minutes.
4. Divide the peaches into 4 (1-pint) hot sterilized jars and top with the strained liquid, leaving about  $\frac{1}{4}$ - $\frac{1}{2}$ -inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 106 | Fat: 0.1g | Carbs: 27.1g | Fiber: 0.4g | Protein: 0.2g

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**PLUM PICKLE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

2 C. unseasoned rice vinegar  
1 C. distilled white vinegar  
2 C. dark brown sugar  
½ C. kosher salt  
2½ lb. firm, ripe plums, pitted and cut into eight wedges  
4 star anise pods  
8 whole cloves  
1 (2-inch) cinnamon stick, broken into 3-4 pieces  
2 tsp. whole pink peppercorns  
1 tsp. fennel seeds

1. In a large-sized non-reactive saucepan, add vinegars, brown sugar, and salt and bring to a boil, stirring occasionally.
2. Meanwhile, in the bottom of 4 (1-pint) hot sterilized jars, place the plums, cloves, star anise, cinnamon, peppercorns and fennel seeds.
3. Pour the hot vinegar mixture over the plums, leaving about ¼-½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 41 | Fat: 0.2g | Carbs: 10.2g | Fiber: 0.4g | Protein: 0.1g

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## APPLE PICKLE

**Prep Time: 15 mins. | Cook Time: 2 mins. | Canning Time: 10 mins. | Serves: 16**

4 Granny Smith apples, cored and sliced  
1 tsp. salt  
½ tsp. ground turmeric  
½ tsp. cayenne pepper  
3 tbsp. natural sesame oil  
2 tsp. black mustard seeds  
3-4 tbsp. fresh lime juice

1. In a large-sized bowl, add apple slices, salt, turmeric, cayenne pepper and mix well.
2. In a small-sized wok, heat 1 tbsp. of sesame oil over medium heat and sauté mustard seeds for about 40-60 seconds.
3. Remove the wok of mustard seeds from heat and transfer into the bowl of apple slices.
4. Add in the remaining sesame oil and lime juice and mix well.
5. Set aside for about 15 minutes.
6. Place the apple mixture in a (1-quart) hot sterilized jar.
7. Slide a small knife around the insides of jar to remove air bubbles.
8. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
9. Close the jar with a lid and screw on the ring.
10. Arrange the jar in a boiling water canner and process for about 10 minutes.
11. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.

2. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
3. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 54 | Fat: 2.8g | Carbs: 8g | Fiber: 1.4g | Protein: 0.3g

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## **SWEET APPLE PICKLE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

- 1 C. water
- 1 C. cider vinegar
- 1 C. white sugar
- 1tbsp. whole allspice berries
- 1 tbsp. whole cloves
- 1 tbsp. ground ginger
- 1 tbsp. ground nutmeg
- 6 large apples, peeled, cored, and sliced
- ½ C. bottled lemon juice

1. In a large-sized non-reactive saucepan, add water, vinegar, sugar, and spices over high and bring to a boil, stirring frequently.
2. Meanwhile, in a bowl, add apples slices and lemon juice and toss to coat well.
3. In the bottom of 2 (1-quart) hot sterilized jars, place the apple slices.
4. Pour the hot vinegar mixture over apple slices to cover, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.

8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 51 | Fat: 0.3g | Carbs: 12.7g | Fiber: 1.2g | Protein: 0.2g

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## PEAR PICKLE

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 16**

- 1½ C. apple cider vinegar
- 1 C. water
- ¾ C. white sugar
- 1 tbsp. kosher salt
- 1 cinnamon stick
- 6 whole cloves
- ½ tsp. whole black peppercorns
- 2 large pears, peeled, cored and chopped

1. In a medium-sized non-reactive saucepan, add vinegar, water, sugar, salt, cinnamon stick, cloves, and black peppercorns and bring to a boil, stirring occasionally.
2. Meanwhile, in the bottom of 1 (1-pint) hot sterilized jar, place the pear pieces.
3. Pour the hot vinegar mixture over the pear pieces, leaving about ¼-½-inch space from the top.
4. Slide a small knife around the insides of jar to remove air bubbles.
5. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.

6. Close the jar with a lid and screw on the ring.
7. Arrange the jar in a boiling water canner and process for about 10 minutes.
8. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
10. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 57 | Fat: 0.1g | Carbs: 13.9g | Fiber: 1g | Protein: 0.1g

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## APRICOT PICKLE

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 12**

- $\frac{3}{4}$  C. white wine vinegar
- $\frac{3}{4}$  C. water
- 3 tbsp. turbinado sugar
- 1 tsp. yellow mustard seeds
- 2 C. dried apricots
- $\frac{1}{4}$  C. dark raisins
- 1 bay leaf

1. In a small-sized non-reactive saucepan, add the vinegar, water, sugar, and mustard seeds and bring to a boil, stirring occasionally.
2. Meanwhile, in the bottom of 3 ( $\frac{1}{2}$ -pint) hot sterilized jars, place the apricots, raisins, and bay leaf.
3. Pour the hot vinegar mixture over the pear pieces, leaving about  $\frac{1}{4}$ - $\frac{1}{2}$ -inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.

6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 34 | Fat: 0.3g | Carbs: 7.7g | Fiber: 0.7g | Protein: 0.5g

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## GRAPES PICKLE

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 16**

- 1 C. white sugar
- 1 C. apple cider vinegar
- ¼ C. water
- 1 cinnamon stick
- ½ vanilla bean
- ¼ tsp. cloves
- ¼ tsp. black peppercorns
- 1/8 tsp. yellow mustard seeds
- 1 lb. red grapes, trimmed

1. In a small-sized non-reactive saucepan, add sugar, vinegar, and water over high heat and bring to a boil, stirring occasionally.
2. Meanwhile, in the bottom of 2 (1-pint) hot sterilized jar, place the spices and top with grapes.
3. Place the vinegar mixture over the green beans, leaving about ¼-½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.



5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Place the jars of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 69 | Fat: 0.1g | Carbs: 17.6g | Fiber: 0.3g | Protein: 0.2g

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## **BLUEBERRY PICKLE**

**Prep Time: 10 mins. | Cook Time: 3 mins. | Canning Time: 10 mins. | Serves: 8**

- 1 C. white vinegar
- 3 tbsp. white sugar
- 1 tsp. salt
- 2 C. fresh blueberries

1. In a small-sized non-reactive saucepan, add vinegar, sugar, and salt, Bring to a boil, stirring frequently.
2. Meanwhile, in the bottom of 1 (1-pint) hot sterilized jar, place the blueberries.
3. Pour the hot vinegar mixture over the blueberries, leaving about  $\frac{1}{4}$ - $\frac{1}{2}$ -inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
6. Close the jar with a lid and screw on the ring.

7. Arrange the jar in a boiling water canner and process for about 10 minutes.
8. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
10. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 44 | Fat: 0.1g | Carbs: 10g | Fiber: 0.9g | Protein: 0.3g

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## CHERRY PICKLE

**Prep Time: 10 mins. | Canning Time: 10 mins. | Serves: 4**

- 1 C. sour cherries, pitted
- ½ tsp. salt
- 1 C. white vinegar

1. Arrange the cherries onto a metal baking sheet and set in the sun for about 1 hour.
2. Meanwhile, in the bottom of 1(½-pint) hot sterilized jar, place the cherries and salt.
3. Pour the vinegar over the cherries, leaving about ¼-½-inch space from the top.
4. Slide a small knife around the insides of jar to remove air bubbles.
5. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
6. Close the jar with a lid and screw on the ring.
7. Arrange the jar in a boiling water canner and process for about 10 minutes.
8. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.

9. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
10. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 47 | Fat: 0g | Carbs: 9.6g | Fiber: 0.2g | Protein: 0.2g

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## CURRENT PICKLE

**Prep Time: 10 mins. | Cook Time: 35 mins. | Canning Time: 10 mins. | Serves: 8**

- 2 C. dried currants
- 1 C. sherry vinegar
- 2 tsp. mustard seeds
- 1tbsp. fresh thyme
- ¼ C. granulated white sugar
- ¼ C. brown sugar

1. In a large-sized non-reactive saucepan, combine all ingredients over medium-high heat and bring to a boil.
2. Then adjust the heat to low and simmer for about 30 minutes, stirring occasionally.
3. Remove the saucepan of currant mixture from heat and transfer into 1 (1-pint) hot sterilized jar.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jar with a clean, moist kitchen towel.
6. Close the jar with a lid and screw on the ring.
7. Arrange the jar in a boiling water canner and process for about 10 minutes.
8. Remove the jar from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of jar's lid to ensure that the seal is tight.
10. Place the jar of pickle in refrigerator for up to 1 month.

Per Serving:

Calories: 61 | Fat: 0.3g | Carbs: 15.1g | Fiber: 1.5g | Protein:  
0.6g

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## JAMS, JELLIES & MARMALADE RECIPES

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### STRAWBERRY JAM



**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning  
Time: 10 mins. | Serves: 40**

1lb. fresh strawberries, hulled  
4 C. white sugar  
2 tbsp. fresh lemon juice

1. In a bowl, place half of the strawberries and with a potato masher, crush them.
2. Repeat with remaining strawberries.
3. In a heavy-bottomed saucepan, add 4 C. of crushed strawberries, sugar, and lemon juice and mix well.
4. Place the saucepan of strawberries over low heat and cook for about 4-5 minutes or until sugar is dissolved.

5. Now adjust the heat to high and bring to a boil.
6. Boil for about 10-15 minutes, stirring occasionally.
7. In 5 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 41| Fat: 0g| Carbs: 10.9g| Fiber: 0.2g| Protein: 0.1g

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## BLUEBERRY JAM



**Prep Time: 10 mins. | Cook Time: 8 mins. | Canning Time: 10 mins. | Serves: 40**

- 7 C. fresh blueberries
- 1 C. unsweetened apple juice

1 (1<sup>3</sup>/<sub>4</sub>-oz.) package pectin  
½ tsp. liquid stevia

1. In a heavy-bottomed saucepan, add blueberries, apple juice and pectin and stir to combine.
2. Add the stevia and mix well.
3. Place the pan over medium heat and bring to a boil, stirring continuously.
4. Boil for about 3 minutes.
5. Remove the pan of jam from heat and immediately skim off foam from the top.
6. In 5 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 17| Fat: 0.1g| Carbs: 4.4g| Fiber: 0.6g| Protein: 0.2g

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## **CRANBERRY JAM**

**Prep Time: 15 mins.| Cook Time: 11 mins.| Canning Time: 10 mins.| Serves: 40**

1½ C. water  
3 C. cranberries

2 C. bananas, peeled and mashed  
1 tsp. fresh lemon juice  
½ of (6-fluid oz.) container liquid pectin

1. In a large-sized saucepan, mix water and cranberries over medium heat and simmer for about 10 minutes, stirring occasionally.
2. Stir in banana and cook for about 1 minute, stirring continuously.
3. Stir in lemon juice and pectin and remove from heat.
4. In 5 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 12 | Fat: 0g | Carbs: 2.6g | Fiber: 0.7g | Protein: 0.1g

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## MULBERRY JAM

**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 10 mins. | Serves: 64**

6 C. mulberries  
2 C. plus 1 tbsp. water, divided  
¾ C. white sugar

1 (3-oz.) package strawberry-flavored gelatin  
1 (1<sup>3</sup>/<sub>4</sub>-oz.) package powdered fruit pectin

1. In a large stainless-steel saucepan, place mulberries and 1 tbsp. of water and bring to a boil.
2. Now set the heat to low and cook, covered for about 15-20 minutes, stirring frequently.
3. Meanwhile, in a non-reactive bowl, add remaining water, sugar, gelatin and pectin and stir until gelatin is dissolved.
4. With a potato masher, mash the berries.
5. Stir in the sugar mixture and bring to a boil.
6. In 8 (1/2-pint) hot sterilized jars, divide the berry mixture, leaving about 1/2-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned jam can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 26 | Fat: 0.1g | Carbs: 4.6g | Fiber: 0.2g | Protein: 0.8g

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## CHERRY JAM

**Prep Time: 15 mins. | Cook Time: 8 mins. | Canning Time: 10 mins. | Serves: 40**



3 C. fresh cherries, pitted and chopped  
½ C. unsweetened apple juice  
2 tsp. bottled lemon juice  
2 (2-oz.) packages powdered fruit pectin  
3 C. white sugar

1. In a large non-reactive saucepan, add the cherries, apple juice, lemon juice and pectin over medium heat and bring to a boil.
2. Add the sugar and boil for about 2-3 minutes, stirring continuously.
3. Remove from the heat and skim off any foam from the top surface.
4. In 5 (½-pint) hot sterilized jars, divide the berry mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned preserve can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 74 | Fat: 0g | Carbs: 19.6g | Fiber: 0.5g | Protein: 0.2g

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## MANGO JAM

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 32**

4 C. mangoes, peeled, pitted and cube  
3 C. white sugar  
½ C. fresh lemon juice

1. Place the chopped mangoes in a heavy-bottomed saucepan with the sugar and lemon juice over medium-high heat and bring to a boil, stirring frequently.
2. Boil for about 20 minutes, stirring occasionally.
3. In 4 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight
10. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 84| Fat: 0.1g| Carbs: 21.9g| Fiber: 0.4g| Protein: 0.2g

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## KIWI JAM

**Prep Time: 15 mins.| Cook Time: 40 mins.| Canning Time: 10 mins.| Serves: 40**

1½ C. kiwis, peeled and chopped  
1½ apples, peeled, cored and chopped  
1/3 C. pineapple juic

2 tbsp. fresh lemon juice  
2 C. white sugar

1. In a heavy-bottomed saucepan, add mashed kiwi, apples, pineapple juice and lemon juice over medium-high heat and bring to a boil.
2. Add the sugar and stir to dissolve.
3. Now set the heat to low and cook for about 30 minutes.
4. In 5 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 47 | Fat: 0.1g | Total 12.4g | Fiber: 0.44g | Protein: 0.1g

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## APRICOT JAM

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 40**

2 C. apricots, peeled, pitted and crushed  
3 C. white sugar  
2 tbsp. fresh lemon juice

1. In a heavy-bottomed saucepan, add crushed apricots, apples, pineapple juice and lemon juice over medium-high heat and bring to a boil.
2. Now set the heat to low and cook for about 15-20 minutes.
3. In 5 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 60| Fat: 0.1g| Carbs: 15.9g| Fiber: 0.2g| Protein: 0.1g

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## PEACH JAM

**Prep Time: 15 mins.| Cook Time: 31 mins.| Canning Time: 10 mins.| Serves: 64**

12 fresh peaches, pitted and chopped  
4½ C. white sugar  
1 (2-oz.) package dry pectin

1. In a stainless-steel saucepan, place 1 C. of chopped peaches.
2. With a potato masher, crush the peaches completely.

3. In the pan, add the remaining peaches over medium-low heat and bring to a gentle boil.
4. Cook for about 20 minutes, stirring occasionally.
5. Remove the saucepan of peaches from the heat.
6. In another saucepan, add about 6 C. of peach mixture with sugar over medium heat and bring to a boil, stirring continuously
7. Stir in the pectin and boil for about 1 minute.
8. In 8 (½-pint) hot sterilized jars, divide the peach mixture, leaving about ½-inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Arrange the jars in a boiling water canner and process for about 10 minutes.
13. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. The canned jam can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 64 | Fat: 0.1g | Carbs: 16.8g | Fiber: 0.5g | Protein: 0.3g

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## PLUM JAM

**Prep Time: 15 mins. | Cook Time: 21 mins. | Canning Time: 10 mins. | Serves: 64**

4½ C. plums, pitted and chopped  
½ C. water  
7½ C. white sugar  
½ tsp. butter

1 (1<sup>3</sup>/<sub>4</sub>-oz.) package powdered fruit pectin

1. In a large-sized heavy-bottomed saucepan, add the plums and water over high heat and bring to a boil.
2. Reduce the heat to medium-low and simmer, covered for about 5 minutes.
3. Add the sugar and butter and immediately increase the heat to high.
4. Again, bring to a full, rolling boil, stirring continuously.
5. Immediately stir in the pectin and again bring to a full boil.
6. Boil for about 1 minute, stirring continuously.
7. Remove from the heat and skim off any foam from the top surface.
8. In 8 (½-pint) hot sterilized jars, divide the plum mixture, leaving about ½-inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Arrange the jars in a boiling water canner and process for about 10 minutes.
13. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. The canned jam can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 93 | Fat: 0g | Carbs: 24.7g | Fiber: 0.1g | Protein: 0g

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## **RHUBARB JAM**

**Prep Time: 15 mins. | Cook Time: 50 mins. | Canning Time: 10 mins. | Serves: 32**

2½ lb. fresh rhubarb, chopped  
2 C. white sugar  
2 tsp. orange zest, grated  
1/3 C. orange juice  
1/2 C. water

1. In a heavy-bottomed saucepan, add the rhubarb, sugar, orange zest, orange juice and water and bring to a boil.
2. Reduce the heat to medium-low and simmer for about 45 minutes, stirring occasionally.
3. In 4 (½-pint) hot sterilized jars, divide the plum mixture, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned jam can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 56 | Fat: 0.1g | Carbs: 14.4g | Fiber: 0.7g | Protein: 0.3g

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## **ROSE PETAL JAM**

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 32**

8 oz. fresh rose petals, white base trimmed

2 C. white sugar, divided  
4 tbsp. fresh lemon juice  
3 C. water  
1 (1<sup>3</sup>/<sub>4</sub>-oz.) package powdered fruit pectin

1. In a bowl, add the rose petals, 1 C. of sugar and lemon juice and toss to coat well.
2. Set aside at room temperature overnight.
3. In a saucepan, add the water over medium-high heat and bring to a boil.
4. Add the rose petal mixture and remaining 1 C. of the sugar and stir until the sugar is dissolved.
5. Reduce the heat to medium-low and simmer for about 20 minutes.
6. Increase the heat to medium-high and again bring to a boil, stirring continuously.
7. Boil for about 5 minutes, stirring continuously.
8. Stir in the pectin and boil for about 1 minute.
9. In 4 (1/2-pint) hot sterilized jars, divide the plum mixture, leaving about 1/2-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Arrange the jars in a boiling water canner and process for about 10 minutes.
14. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. The canned jam can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 52 | Fat: 0g | Carbs: 13.9g | Fiber: 0.1g | Protein: 0g



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## ONION JAM

**Prep Time: 15 mins. | Cook Time: 55 mins. | Canning Time: 10 mins. | Serves: 32**

¼ C. vegetable oil  
½ C. white sugar  
4 C. onion, roughly chopped  
¼ tsp. salt  
Ground black pepper, as required  
½ C. red wine vinegar

1. In a heavy-bottomed wok, heat the vegetable oil over medium heat and cook the sugar for about 10 minutes, stirring with a wooden spoon continuously.
2. Add the onion, salt and black pepper and cook for about 15 minutes, stirring frequently.
3. Stir in the vinegar and simmer for about 30 minutes.
4. In 4 (½-pint) hot sterilized jars, divide the plum mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned jam can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 33 | Fat: 1.7g | Carbs: 4.5g | Fiber: 0.3g | Protein: 0.2g

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## TOMATO JAM

**Prep Time: 20 mins. | Cook Time: 3 hrs. 5 mins. |  
Canning Time: 10 mins. | Serves: 32**

4 lb. tomatoes, peeled and chopped  
1 yellow onion, chopped  
1 large apple, peeled, cored and chopped  
¼ C. apple cider vinegar  
3 tbsp. bottled lemon juice  
1 C. raw sugar  
½ C. brown sugar  
1tsp. salt  
½ tsp. cayenne pepper

1. In a heavy-bottomed saucepan, add tomatoes, onion, apple, vinegar, lemon juice, sugars, salt, and cayenne pepper over medium-high heat and bring to a boil.
2. Reduce the heat to low and simmer for about 2½-3 hours, stirring occasionally.
3. In 4 (½-pint) hot sterilized jars, divide the plum mixture, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.

.0. The canned jam can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 48 | Fat: 0.1g | Carbs: 12g | Fiber: 0.9g | Protein: 0.6g

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## BACON JAM

**Prep Time: 15 mins. | Cook Time: 1¼ hrs. | Canning Time: 10 mins. | Serves: 32**

2 lb. bacon, cut into 1-inch pieces  
2 large yellow onions, cut into very thin slivers  
½ C. brown sugar  
¼ C. garlic, minced  
1 tsp. ground cayenne pepper  
½ tsp. ground cinnamon  
½ tsp. ground nutmeg  
1 C. bourbon whiskey  
1 C. brewed coffee  
½ C. sherry vinegar  
½ C. maple syrup  
¾ C. ketchup

1. Heat a large wok over medium-high heat and cook the bacon for about 10 minutes.
2. Drain the grease, reserving 3-4 tbsp. in the wok.
3. In the same wok with bacon grease, add the onions and cook for about 10 minutes.
4. Stir in the brown sugar and cook for about 5 minutes, stirring occasionally.
5. Stir in the garlic, cayenne pepper, cinnamon and nutmeg and cook for about 5 minutes.
6. Stir in the whiskey, coffee, vinegar and maple syrup and bring to a boil.

7. Reduce the heat to low and simmer for about 35 minutes, stirring occasionally.
8. Stir in the ketchup and cook for about 5 minutes.
9. Remove from the heat and with an immersion blender, blend the mixture until a slightly chunky mixture forms.
10. In 4 (½-pint) hot sterilized jars, divide the plum mixture, leaving about ½-inch space from the top.
11. Slide a small knife around the insides of each jar to remove air bubbles.
12. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
13. Close each jar with a lid and screw on the ring.
14. Arrange the jars in a boiling water canner and process for about 10 minutes.
15. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
16. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
17. The canned jam can be stored in the refrigerator for 2-3 weeks.

Per Serving:

Calories: 204 | Fat: 11.9g | Carbs: 8.7g | Fiber: 0.3g | Protein: 10.8g

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## RASPBERRY JELLY



**Prep Time: 10 mins. | Cook Time: 6 mins. | Canning Time: 10 mins. | Serves: 48**

4 C. fresh raspberries, crushed  
1 C. water  
4½ tbsp. no-sugar-added pectin

1. In a heavy-bottomed stainless-steel saucepan, add raspberries, water and pectin and stir to combine well.
2. Place the pan over medium heat and bring to a boil, stirring continuously.
3. Boil for about 1 minute.
4. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
5. In 6 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 5 | Fat: 0.1g | Carbs: 1.2g | Fiber: 0.7g | Protein: 0.1g

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## **APPLE JELLY**

**Prep Time: 15 mins. | Cook Time: 6 mins. | Canning Time: 10 mins. | Serves: 40**

1½ C. unsweetened apple juice  
2 tbsp. pectin  
¼ tsp. butter  
1 ½ C. plus 3 tbsp. granulated white sugar

1. In a large, deep stainless-steel saucepan, place apple juice and pectin and with a wire whisk, beat until dissolved.
2. Add the butter and stir to combine.
3. Place the saucepan of juice mixture over high heat and bring to a boil, stirring frequently.
4. Add in the sugar and again bring to a full rolling boil, stirring continuously.
5. Boil for about 1 minute, stirring continuously.
6. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
7. In 5 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 33| Fat: 0g| Carbs: 8.7g| Fiber: 0.1g| Protein: 0g

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## PEAR JELLY

**Prep Time: 10 mins. | Cook Time: 8 mins. | Canning Time: 10 mins. | Serves: 32**

2 C. white sugar  
3 tsp. pectin  
4 C. pear juice  
2 tbsp. bottled lemon juice  
3 tsp. calcium water

1. In a small-sized bowl, mix together the sugar and pectin.
2. In a non-reactive saucepan, add pear juice, lemon juice and calcium water over medium heat and bring to a boil.
3. Stir in the sugar mixture and cook for about 2-3 minutes, stirring continuously.
4. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
5. In 4 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 56 | Fat: 0g | Carbs: 14.5g | Fiber: 0.2g | Protein: 0g

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## PLUM JELLY

**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 10 mins. | Serves: 40**

2½ lb. fresh plums, pitted and halved  
4 C. white sugar  
1 C. water

1. In a large heavy-bottomed saucepan, add plums, sugar and water over medium-high heat and bring to a boil, stirring continuously.
2. Reduce the heat to medium and cook for about 30-40 minutes, stirring occasionally.
3. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
4. In 5 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 77 | Fat: 0g | Carbs: 20.5g | Fiber: 0.1g | Protein: 0g

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## GRAPES JELLY



**Prep Time: 10 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 48**

3 C. grape juice  
5¼ C. white sugar  
1 (2-oz.) package powdered fruit pectin

1. In a large, deep stainless-steel saucepan, place grape juice and pectin and with a wire whisk, beat until dissolved.
2. Place the saucepan of juice over high heat and bring to a boil, stirring frequently.
3. Add in the sugar and again bring to a full rolling boil, stirring continuously.
4. Boil for about 1 minute, stirring continuously.
5. In 3 (1-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 95 | Fat: 0g | Carbs: 24.7g | Fiber: 0g | Protein: 0.1g

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**CURRANT JELLY**

**Prep Time: 10 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 64**

4 lb. fresh red currants  
1 C. water  
7 C. white sugar  
4 fluid oz. liquid fruit pectin

1. In a large heavy-bottomed saucepan, add the currants into a large pot, and with a potato masher, crush them.
2. Add in water and bring to a boil.
3. Simmer for about 10 minutes.
4. Through a cheesecloth, strain the mixture.
5. In a large stainless steel saucepan, add 5 C. of the strained juice and sugar over high heat and bring to a boil.
6. Stir in the liquid pectin and again, bring to a full rolling boil.
7. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
8. In 8 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Arrange the jars in a boiling water canner and process for about 10 minutes.
13. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 19| Fat: 0.1g| Carbs: 28g| Fiber: 1.2g| Protein: 0.4g

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## ORANGE JELLY

**Prep Time: 10 mins.| Cook Time: 11 mins.| Canning Time: 10 mins.| Serves: 24**

2½ C. water

2 (6-oz.) cans frozen orange juice concentrate

1 (1¾-oz.) package powdered fruit pectin

4½ C. white sugar

1. In a saucepan, add the water, orange juice concentrate and pectin over high heat and bring to a boil, stirring continuously.
2. Add the sugar and again, bring to a boil, stirring continuously.
3. Boil for about 1 minute.
4. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
5. In 3 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 170| Fat: 0g| Carbs: 44.8g| Fiber: 0.g| Protein: 0.4g

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## **POMEGRANATE JELLY**

**Prep Time: 10 mins.| Cook Time: 12 mins.| Canning Time: 10 mins.| Serves: 48**

3½ C. pomegranate juice  
1 (1¾-oz.) package powdered fruit pectin  
5 C. white sugar

1. In a Dutch oven, add pomegranate juice and pectin over high heat and bring to a full rolling boil, stirring continuously.
2. Stir in sugar and again bring to a full rolling boil, stirring continuously.
3. Boil for about 2 minutes.
4. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
5. In 6 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 89| Fat: 0g| Carbs: 23.5g| Fiber: 0.1g| Protein: 0g

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## MINT JELLY

**Prep Time: 15 mins.| Cook Time: 6 mins.| Canning Time: 10 mins.| Serves: 32**

1½ C. fresh mint leaves and stems  
2¼ C. boiling water  
2 tbsp. fresh lemon juice  
1 drop green food color  
3½ C. white sugar  
½ (6 fluid oz.) container liquid pectin

1. In a stainless-steel saucepan, place mint and with a potato masher, crush the mint completely.
2. In the pan, add water and bring to a boil.
3. Remove the saucepan of mint mixture from heat and set aside, covered for about 10 minutes.
4. Through a strainer, strain the mint mixture.
5. In the same saucepan, add about 1 2/3 C. of strained mint water, lemon juice and food coloring and stir to combine.
6. Place the saucepan of mint mixture over high heat and bring to a boil, stirring continuously.
7. Stir in the pectin and boil for about 1 minute, stirring continuously.
8. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
9. In 4 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
- .0. Slide a small knife around the insides of each jar to remove air bubbles.
- .1. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- .2. Close each jar with a lid and screw on the ring.
- .3. Arrange the jars in a boiling water canner and process for about 10 minutes.

- .4. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- .5. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .6. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 80| Fat: 0g| Carbs: 21.1g| Fiber: 0.8g| Protein: 0.2g

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## PEPPER JELLY

**Prep Time: 15 mins.| Cook Time: 35 mins.| Canning Time: 10 mins.| Serves: 16**

1 large green bell pepper, seeded and finely chopped  
12 jalapeno peppers, finely chopped  
1½ C. apple cider vinegar  
Pinch of salt  
4¼ C. granulated white sugar  
4 oz. liquid pectin  
4 jalapeno peppers, seeded and finely chopped

1. In a large saucepan, add the bell peppers, 12 jalapeno peppers and vinegar over high heat and bring to a boil.
2. Reduce the heat to low and simmer for about 15-20 minutes.
3. Through a cheesecloth, strain the mixture.
4. In a large stainless steel saucepan, add 1 C. of the strained juice and sugar over high heat and bring to a boil.
5. Stir in the liquid pectin and again, bring to a full rolling boil.
6. Remove the saucepan of jelly from heat and immediately stir in the remaining 4 jalapeno peppers.
7. In 2 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.

8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 207 | Fat: 0.2g | Carbs: 53.3g | Fiber: 1.2g | Protein: 0.3g

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## **HABANERO CARROT JELLY**

**Prep Time: 15 mins. | Cook Time: 20 mins. | Canning Time: 10 mins. | Serves: 64**

1½ C. cider vinegar  
6½ C. white sugar  
1 C. carrot, peeled and shredded  
½ C. red bell pepper, seeded and minced  
15 habanero peppers, seeded and minced  
2 (3-oz.) pouches liquid pectin

1. In a saucepan, add the vinegar and sugar over medium-high heat and cook until the sugar dissolves, stirring continuously.
2. Stir in the carrot and red bell pepper and bring to a boil.
3. Reduce the heat to medium and simmer for about 5 minutes.

4. Add the habanero peppers and simmer for about 5 minutes.
5. Stir in the pectin and boil for about 1 minute, stirring continuously.
6. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
7. In 8 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 84 | Fat: 0.1g | Carbs: 21.7g | Fiber: 0.4g | Protein: 0.2g

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## DANDELION JELLY

**Prep Time: 15 mins. | Cook Time: 17 mins. | Canning Time: 10 mins. | Serves: 48**

- 2 C. dandelion flowers, rinsed and stems removed
- 4 C. boiling water
- 2 tbsp. bottled lemon juice
- 6 tbsp. powdered pectin
- ¼ tsp. butter
- 4 C. white sugar



1. In a large-sized bowl, soak the dandelion flowers in boiling water.
2. Set aside to cool completely.
3. After cooling, refrigerate the bowl for about 2 days.
4. Through a fine mesh strainer, strain the dandelion water, discarding the pieces of dandelion.
5. In a large-sized saucepan, add 4 C. of strained liquid and stir in lemon juice.
6. Sprinkle the pectin on top, and with a wire whisk, mix well.
7. Place the saucepan over high heat and bring to a boil, stirring continuously.
8. Boil for about 1 minute.
9. Add in the butter and bring to a boil.
10. Add in the sugar and again bring to a boil, stirring continuously.
11. Boil for about 1 minute.
12. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
13. In 6 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
14. Slide a small knife around the insides of each jar to remove air bubbles.
15. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
16. Close each jar with a lid and screw on the ring.
17. Arrange the jars in a boiling water canner and process for about 10 minutes.
18. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
19. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
20. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 65 | Fat: 0.1g | Carbs: 17.2g | Fiber: 0.3g | Protein: 0.1g

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## CORN JELLY

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

12 corn cobs

6-8 C. water

1 (1<sup>3</sup>/<sub>4</sub>-oz.) package powdered fruit pectin

3<sup>1</sup>/<sub>2</sub>-4 C. white sugar

Drop of yellow food coloring

1. Remove the corn kernels from cobs.
2. In a large saucepan, add corncobs and water over high heat and bring to a boil.
3. Boil for about 10 minutes.
4. Through a fine mesh strainer, strain the water, discarding the cobs.
5. In a large-sized saucepan, add 3<sup>1</sup>/<sub>2</sub> C. of strained liquid and stir in pectin.
6. Place the saucepan over high heat and bring to a boil, stirring continuously.
7. Add in the sugar and again bring to a boil, stirring continuously.
8. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
9. Add in the food coloring and stir to combine.
- .0. In 4 (1/2-pint) hot sterilized jars, divide the jelly, leaving about 1/2-inch space from the top.
- .1. Slide a small knife around the insides of each jar to remove air bubbles.
- .2. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- .3. Close each jar with a lid and screw on the ring.

- .4. Arrange the jars in a boiling water canner and process for about 10 minutes.
- .5. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- .6. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .7. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 144 | Fat: 0g | Carbs: 36.6g | Fiber: 0.8g | Protein: 1.9g

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## LEMONY WINE JELLY

**Prep Time: 10 mins. | Cook Time: 11 mins. | Canning Time: 10 mins. | Serves: 40**

3½ C. wine  
½ C. fresh lemon juice  
1 (2-oz.) package dry pectin  
4½ C. white sugar

1. In a large saucepan, add wine, lemon juice and pectin over high heat and bring to a boil, stirring frequently.
2. Add in sugar and bring to a boil, stirring continuously.
3. Boil for about 1 minute.
4. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
5. In 5 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.

9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 103 | Fat: 0g | Carbs: 23.2g | Fiber: 0.1g | Protein: 0g

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## CLEMENTINE MARMALADE

**Prep Time: 15 mins. | Cook Time: 16 mins. | Canning Time: 10 mins. | Serves: 40**

- ½ lemon
- 8 whole clementines
- 2 C. water
- 3½ C. white sugar

1. Squeeze the lemon halves, reserving the juice in a cup.
2. In a cheesecloth, tie the lemon seeds.
3. In a non-reactive saucepan, add clementines, water, squeezed lemon halves and the bundle of lemon seeds over medium-high heat and simmer, covered for about 2-3 hours.
4. Remove the saucepan of clementine mixture from the heat and set aside overnight.
5. Discard the bundle of lemon seeds.
6. With a slotted spoon, remove the fruit from liquid and transfer into a bowl.
7. Cut the clementines in half and scoop pulp and seeds.
8. Through a strainer, strain the pulp in the same pan by pressing with the back of a spoon.
9. Reserve all peels.

- .0. In the pan, add the sugar and lemon juice over medium-low heat and cook for about 2-3 minutes, stirring continuously.
- .1. Meanwhile, cut the clementine peel into fine very thin slices.
- .2. In the pan, add the peel slices and cook for about 5-10 minutes, stirring occasionally.
- .3. Remove the saucepan of marmalade from heat and immediately skim off foam from the top.
- .4. Set aside for about 10-15 minutes
- .5. In 5 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
- .6. Slide a small knife around the insides of each jar to remove air bubbles.
- .7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- .8. Close each jar with a lid and screw on the ring.
- .9. Arrange the jars in a boiling water canner and process for about 10 minutes.
- !0. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- !1. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- !2. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 73 | Fat: 0g | Carbs: 19.3g | Fiber: 0.3g | Protein: 0.1g

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## **KUMQUAT MARMALADE**

**Prep Time: 15 mins. | Cook Time: 11 mins. | Canning Time: 10 mins. | Serves: 56**

- 1¾ lb. kumquats, halved and seeded
- 1 C. water
- 1 (1¾-oz.) package powdered fruit pectin

6½ C. white sugar

1. Place kumquat in a food processor and pulse until roughly chopped.
2. In a Dutch oven, add chopped kumquats and water and pectin and stir to combine.
3. Place the pan of kumquat over high heat and bring to a boil, stirring continuously.
4. Stir in sugar and cook until boiling, stirring continuously.
5. Boil for about 1 minute.
6. Remove the pan of marmalade from heat and immediately skim off foam from the top.
7. In 7 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 97 | Fat: 0.1g | Carbs: 26.6g | Fiber: 0.9g | Protein: 0.3g

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## GRAPEFRUIT MARMALADE

**Prep Time: 20 mins. | Cook Time: 20 mins. | Canning Time: 10 mins. | Serves: 10**

4 ruby red grapefruits  
3 C. white sugar

1. With a zester, remove the zest of 2 grapefruits into ribbons.
2. With a sharp paring knife, cut the thin strips of peel from remaining grapefruits.
3. Reserve the zest ribbons and peel strips.
4. Now peel off all remaining outer white parts of the fruit and discard it.
5. Cut the grapefruits into wheels and remove any seeds.
6. In a non-reactive saucepan, add grapefruit wheels, peel strips and sugar over medium-high heat and bring to a boil, stirring continuously.
7. With a potato masher, mash the fruit completely.
8. Now set the heat to low and cook for about 4-5 minutes, stirring and skimming off foam from the top occasionally.
9. Cook for about 10 minutes, stirring occasionally.
10. Stir in the zest ribbons and cook for about 5 minutes, stirring occasionally.
11. In 2 (5-oz.) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
12. Slide a small knife around the insides of each jar to remove air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Arrange the jars in a boiling water canner and process for about 10 minutes.
16. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 241 | Fat: 0.1g | Carbs: 64.1g | Fiber: 0.6g | Protein: 0.3g

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## ORANGE & GRAPEFRUIT MARMALADE



**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 10 mins. | Serves: 56**

4 oranges, peeled, seeded and white pith removed  
1 grapefruit, peeled, seeded and white pith removed  
1 C. water  
1 C. fresh orange juice  
1¼ C. white sugar, divided  
3 tbsp. low-sugar pectin  
¾ C. honey

1. Place peeled oranges and grapefruit in a food processor and pulse until roughly chopped.
2. In a non-reactive saucepan, add chopped fruit, water, orange juice, ¼ C. of sugar and pectin and stir to combine.
3. Place the pan over medium-high heat and bring to a boil, stirring continuously.
4. Now set the heat to low and cook for about 8 minutes, stirring occasionally.
5. Stir in honey and remaining sugar in and bring to a full rolling boil, stirring continuously.
6. Boil for about 1 minute.



7. In 7 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 39 | Fat: 0g | Carbs: 10.4g | Fiber: 0.4g | Protein: 0.2g

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## **ORANGE & CARROT MARMALADE**

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 48**

3 C. white sugar  
4½ tsp. pectin  
3 medium navel oranges  
1/8 tsp. baking soda  
2½ C. water  
2 C. carrots, peeled and shredded finely  
½ C. golden raisins, chopped roughly  
3 tbsp. fresh lemon juice  
3 tsp. calcium water  
¾ tsp. ground cinnamon  
¼ tsp. unsalted butter

1. In a bowl, add sugar and pectin and mix well. Set aside.

2. Remove the rind of oranges and cut in quarters.
3. Scrape away the white from oranges.
4. Cut the orange rind into small pieces.
5. In a non-reactive saucepan, add orange rind, baking soda and water over high heat and bring to a boil.
6. Now set the heat to low and cook, covered for about 15 minutes.
7. Meanwhile, chop the oranges roughly and remove any seeds.
8. Transfer oranges into a food processor and pulse until orange pieces are chopped.
9. In the pan of orange rind mixture, add oranges and carrots and bring to a gentle boil.
10. Simmer, covered for about 10 minutes.
11. Remove the saucepan of orange mixture from the heat and transfer 6 C. of mixture into a bowl.
12. In the same pan, add 6 C. of orange mixture, raisins, lemon juice, calcium water, cinnamon, and butter, and bring to a boil.
13. Stir in pectin mixture and again bring to a full rolling boil, stirring continuously.
14. Boil for about 1 minute.
15. Remove the saucepan of marmalade from heat and immediately skim off foam from the top.
16. In 6 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
17. Slide a small knife around the insides of each jar to remove air bubbles.
18. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
19. Close each jar with a lid and screw on the ring.
20. Arrange the jars in a boiling water canner and process for about 10 minutes.
21. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.

2. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
3. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 60| Fat: 0g| Carbs:15. 7g| Fiber: 0.7g| Protein: 0.2g

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## GINGER MARMALADE

**Prep Time: 15 mins.| Cook Time: 1 hr. 32 mins.|**

**Canning Time: 10 mins.| Serves: 40**

- 3½ C. fresh ginger, peeled
- 4 C. water
- 5 C. white sugar
- 1 (3-oz.) pouch liquid pectin

1. Cut half of the peeled ginger into cubes and then shred the remaining.
2. In a non-reactive saucepan, add ginger and water over medium heat and bring to a boil.
3. Now set the heat to low and cook, covered for about 1¼ hours. (You can add more water if needed).
4. Remove the saucepan of ginger mixture from heat and through a fine-mesh strainer, drain the mixture.
5. In a bowl, add about ½ C. of ginger water and cooked ginger and refrigerate for at least 4 hours or overnight.
6. In a large, heavy-bottomed pot, add ginger mixture and sugar over medium-high heat and bring to a boil, stirring continuously.
7. Boil for about 1 minute, stirring continuously.
8. Add the liquid pectin and stir to combine.
9. Now set the heat to low and cook for about 7 minutes, skimming foam from top of marmalade.

- .0. In 5 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
- .1. Slide a small knife around the insides of each jar to remove air bubbles.
- .2. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- .3. Close each jar with a lid and screw on the ring.
- .4. Arrange the jars in a boiling water canner and process for about 10 minutes.
- .5. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- .6. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .7. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 121| Fat: 0.5g| Carbs: 30.5g| Fiber: 1.1g| Protein: 0.7g

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## LEMON MARMALADE

**Prep Time: 15 mins. | Cook Time: 2 hrs. 10 mins. |**

**Canning Time: 10 mins. | Serves: 48**

10 large lemons  
4 C. water  
4 C. white sugar

1. With a vegetable peeler, slice the yellow part of lemon peel in strips.
2. Cut the lemon strips into 1 1/8-inch strips.
3. With a sharp knife, cut off any remaining white pith from lemons.
4. Cut the peeled lemons into ¼-inch-thick slices crosswise.
5. In a non-reactive saucepan, add the chopped lemons, peel strips, and water and refrigerate, covered for 4 hours.

6. Place the saucepan of lemon mixture over high heat and bring to a boil, stirring frequently.
7. Now set the heat to low and cook, covered for about 1 hour.
8. Add sugar and increase the heat to medium-high.
9. Cook for about 3-5 minutes or until sugar is dissolved, stirring continuously.
10. Now set the heat to low and cook, uncovered for about 45-60 minutes, stirring frequently.
11. In 3 (1-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
12. Slide a small knife around the insides of each jar to remove air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Arrange the jars in a boiling water canner and process for about 10 minutes.
16. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 63| Fat: 0g| Carbs: 17g| Fiber: 0.1g| Protein: 0g

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## LIME MARMALADE

**Prep Time: 15 mins. | Cook Time: 1 hr. 7 mins. |**

**Canning Time: 10 mins. | Serves: 64**

2¼ lb. limes

7 C. water

3½ lb. sugar

1. With a sharp paring knife, cut the limes into very thin slices.
2. Retain any juice from limes and then remove the seeds.
3. In a glass bowl, add lime slices, any reserved juice and water and refrigerate, covered overnight.
4. In a non-reactive saucepan, add lime mixture over medium-high heat and bring to a boil.
5. Now set the heat to low and cook, covered for about 30-45 minutes.
6. Add the sugar and increase the heat to medium-high.
7. Cook for about 3-5 minutes or until sugar is dissolved, stirring continuously.
8. Boil the mixture for about 12 minutes.
9. Remove the saucepan of marmalade from heat and set aside for about 5 minutes.
10. In 8 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
11. Slide a small knife around the insides of each jar to remove air bubbles.
12. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
13. Close each jar with a lid and screw on the ring.
14. Arrange the jars in a boiling water canner and process for about 10 minutes.
15. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
16. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
17. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 98| Fat: 0g| Carbs: 26.5g| Fiber: 0.5g| Protein: 0.1g

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## **APPLE MARMALADE**

**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 10 mins. | Serves: 48**

6 C. apples, peeled, cored and sliced  
1 C. water  
1 tbsp. fresh lemon juice  
1 (2-oz.) package fruit pectin  
4 C. white sugar  
1 lemon, sliced thinly  
1 tsp. ground cinnamon

1. In a non-reactive saucepan, add chopped apples, water and lemon juice and bring to a gentle simmer.
2. Cover the saucepan and cook for about 15 minutes, stirring occasionally.
3. Stir in fruit pectin and bring to a full boil, stirring continuously.
4. Add sugar, lemon slices and cinnamon and again, bring to a full boil, stirring continuously.
5. Boil for about 1 minute, stirring continuously.
6. In 6 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 85| Fat: 0.1g| Carbs: 22.1g| Fiber: 0.7g| Protein:  
0.1g

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## ONION MARMALADE

**Prep Time: 15 mins.| Cook Time: 11 mins.| Canning  
Time: 10 mins.| Serves: 48**

6 C. sweet onions, cut into  $\frac{1}{4}$ -inch slices width-wise  
2 tsp. fresh garlic, minced  
1 C. apple juice  
 $\frac{1}{2}$  C. cider vinegar  
 $\frac{1}{4}$  tsp. ground mustard  
1 tsp. red pepper flakes, crushed  
1tsp. salt  
 $\frac{1}{2}$  tsp. ground black pepper  
3 tbsp. pectin  
 $\frac{1}{2}$  tsp. butter  
1 C. honey  
 $\frac{1}{2}$  C. brown sugar

1. In a non-reactive saucepan, add onion slices, garlic, apple juice, vinegar, mustard, red pepper flakes, salt and black.
2. Slowly, add in the pectin, stirring continuously.
3. Add in the butter and stir to combine.
4. Place the saucepan of onion mixture over high heat and bring to a boil, stirring continuously.
5. Add honey and sugar and again, bring to a full boil.
6. Boil for about 1 minute.
7. Remove the saucepan of marmalade from heat and immediately skim off foam from the top.
8. In 6 ( $\frac{1}{2}$ -pint) hot sterilized jars, divide the marmalade, leaving about  $\frac{1}{2}$ -inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.



- .0. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- .1. Close each jar with a lid and screw on the ring.
- .2. Arrange the jars in a boiling water canner and process for about 10 minutes.
- .3. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- .4. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .5. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 37 | Fat: 0.1g | Carbs: 9.3g | Fiber: 0.4g | Protein: 0.2g

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## **TOMATO MARMALADE**

**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 10 mins. | Serves: 72**

5 medium ripe tomatoes, peeled and chopped  
4 C. tart apples, peeled, cored and chopped  
2 medium lemons, seeded and finely chopped  
8 whole cloves  
6 C. white sugar  
2¼ tsp. ground ginger

1. In a colander, place the chopped tomatoes to drain.
2. In a non-reactive saucepan, add tomatoes, apples and lemons over medium heat and cook for about 15 minutes, stirring occasionally.
3. Meanwhile, tie the cloves in a cheesecloth.
4. In the saucepan, add cloves bag, sugar and ginger and bring to a boil, stirring occasionally.
5. Now set the heat to low and cook for about 40 minutes, stirring frequently.

6. Remove the saucepan of marmalade from heat and discard the clove bag.
7. In 9 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 71 | Fat: 0g | Carbs: 18.8g | Fiber: 0.4g | Protein: 0.1g

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## SALSA RECIPES

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### GREEN TOMATO SALSA

**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 15 mins. | Serves: 64**

- 5 lb. green tomatoes, chopped
- 6 yellow onions, chopped
- 3 jalapeño peppers, chopped
- 4 large bell peppers (red and green), chopped
- 6 garlic cloves, minced

1 C. fresh cilantro, chopped  
1 C. fresh lime juice  
½ C. white vinegar  
1 tbsp. salt  
½ tbsp. cumin  
1 tbsp. dried oregano leaves  
2 tsp. ground black pepper  
1-2 tsp. white sugar

1. In a large non-reactive saucepan, add all of the ingredients over high heat and bring the mixture to a boil, stirring occasionally.
2. Now adjust the heat to medium-low and simmer, uncovered for about 30-40 minutes, stirring occasionally.
3. In 8 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 15| Fat: 0.1g| Carbs: 3.3g| Fiber: 0.9g| Protein: 0.6g

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## **TOMATILLO & APPLE SALSA**



**Prep Time: 15 mins. | Cook Time: 20 mins. | Canning Time: 15 mins. | Serves: 20**

4 C. tomatillos, husks removed and chopped roughly  
2 C. apples, cored and finely chopped  
 $\frac{1}{2}$  C. sweet pepper, seeded and chopped  
 $\frac{1}{3}$  C. jalapeño peppers, chopped  
 $\frac{1}{2}$  C. apple cider vinegar  
 $\frac{1}{4}$  C. white sugar  
1 tsp. salt

1. In a non-reactive saucepan, add all ingredients over medium-high heat and bring to a boil, stirring continuously.
2. Now set the heat to low and cook for about 15 minutes, stirring occasionally.
3. In 5 ( $\frac{1}{2}$ -pint) hot sterilized jars, divide the salsa, leaving about  $\frac{1}{2}$ -inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.

9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 32 | Fat: 0.4g | Carbs: 7.8g | Fiber: 1.2g | Protein: 0.4g

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## **SWEET TOMATO SALSA**

**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 15mins. | Serves: 64**

10 C. tomatoes, peeled, chopped and drained  
3 C. onion, chopped  
1<sup>3</sup>/<sub>4</sub> C. green bell pepper, seeded and chopped  
1/3 C. fresh cilantro, chopped  
5 jalapeño peppers, seeded and finely chopped  
7 garlic cloves, finely minced  
16 oz. tomato sauce  
12 oz. tomato paste  
1<sup>1</sup>/<sub>4</sub> C. apple cider vinegar  
1/3 C. white sugar  
2<sup>1</sup>/<sub>2</sub> tsp. ground cumin  
2<sup>1</sup>/<sub>2</sub> tsp. ground black pepper  
2<sup>1</sup>/<sub>2</sub> tbsp. pickling salt

1. In a large-sized non-reactive saucepan, add all ingredients over medium-high heat and bring to a boil.
2. Reduce the heat to low and simmer for about 10 minutes, stirring occasionally.
3. In 8 (1-pint) hot sterilized jars, divide the salsa, leaving about 1/2-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.

6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 22 | Fat: 0.2g | Carbs: 4.8g | Fiber: 1g | Protein: 0.8g

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## TOMATO & PEPPER SALSA



**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 15 mins. | Serves: 48**

- 10 C. tomatoes, peeled, cored and chopped
- 5 C. onions, chopped
- 5 C. green bell peppers, seeded and chopped
- 2½ C. jalapeño peppers, seeded and chopped
- 3 garlic cloves, finely chopped
- 2 tbsp. fresh cilantro, finely chopped
- 1¼ C. cider vinegar
- 1 tbsp. salt

1. In a non-reactive saucepan, add all ingredients over medium-high heat and bring to a boil, stirring continuously.
2. Now set the heat to low and cook for about 10 minutes, stirring frequently.
3. In 6 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 19| Fat: 0.2g| Carbs: 3.9g| Fiber: 1g| Protein: 0.7g

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## **TOMATO & CHILI PEPPERS SALSA**

**Prep Time: 15 mins.| Cook Time: 15 mins.| Canning Time: 15 mins.| Serves: 64**

5 lb. tomatoes  
2 lb. chili peppers, chopped  
1 lb. onions, chopped  
1 C. white vinegar  
3 tsp. salt

1. In a large-sized bowl of boiling water, dip the tomatoes for 30-60 seconds or until the skins split.

2. Drain the tomatoes and then dip into the bowl of cold water.
3. With your hands, peel off the skins of tomatoes.
4. Remove the cores of tomato and then chop them roughly.
5. In a large-sized non-reactive saucepan, add tomatoes and remaining ingredients over medium heat and bring to a boil.
6. Reduce the heat to low and simmer for about 10 minutes, stirring occasionally.
7. In 8 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 15 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 56| Fat: 0.9g| Carbs: 12g| Fiber: 4.7g| Protein: 1.9g

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## **TOMATO & APPLE SALSA**

**Prep Time: 15 mins. | Cook Time: 2¼ hrs. | Canning Time: 15 mins. | Serves: 56**

3 lb. Roma tomatoes  
1½ tsp. pickling spices  
5 large apples, peeled, cored and chopped  
2½ C. yellow onions, chopped



2 C. green bell peppers, seeded and chopped  
2 jalapeño peppers, finely chopped  
½ C. brown sugar  
½ C. granulated white sugar  
2¼ C. apple cider vinegar  
1½ tsp. sea salt  
3 tsp. ground cinnamon

1. In a large-sized bowl of boiling water, dip the tomatoes for 30-60 seconds or until the skins split.
2. Drain the tomatoes and then dip into the bowl of cold water.
3. With your hands, peel off the skins of tomatoes.
4. Remove the cores of tomato and then chop them roughly.
5. In a muslin spice bag, place the pickling spices.
6. In a large-sized non-reactive saucepan, add chopped tomatoes, spice bag and remaining all ingredients over medium-high heat and bring to a boil.
7. Cook for about 10 minutes.
8. Reduce the heat to low and simmer for about 1-2 hours.
9. Remove the pan of salsa from heat and discard the spice bag.
10. With a potato masher, mash the salsa until the desired consistency is achieved.
11. In 7 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
12. Slide a small knife around the insides of each jar to remove air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Arrange the jars in a boiling water canner and process for about 15 minutes.
16. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.

7. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
8. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 32| Fat: 0.1g| Carbs: 7.7g| Fiber: 1g| Protein: 0.4g

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## **TOMATO, APPLE & PEACH SALSA**

**Prep Time: 15 mins.| Cook Time: 45 mins.| Canning Time: 15 mins.| Serves: 56**

6 C. Roma tomatoes  
2½ C. yellow onions, chopped  
2 C. green bell peppers, seeded and chopped  
10 C. hard, unripe peaches, pitted and chopped  
2 C. Granny Smith apples, cored and chopped  
4 tbsp. mixed pickling spice  
1 tbsp. canning salt  
2 tsp. red pepper flakes, crushed  
¾ C. light brown sugar  
¼ C. cider vinegar

1. In a large-sized bowl of boiling water, dip the tomatoes for 30-60 seconds or until the skins split.
2. Drain the tomatoes and then dip into the bowl of cold water.
3. With your hands, peel off the skins of tomatoes.
4. Remove the cores of tomato and then chop them roughly.
5. In a muslin spice bag, place the pickling spices.
6. In a large-sized non-reactive saucepan, add chopped tomatoes, spice bag and remaining all ingredients over medium-high heat and bring to a boil.
7. Cook for about 10 minutes.
8. Reduce the heat to low and simmer for about 30 minutes, stirring occasionally.

9. Remove the pan of salsa from heat and discard the spice bag.
10. With a potato masher, mash the salsa until the desired consistency is achieved.
11. In 7 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
12. Slide a small knife around the insides of each jar to remove air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Arrange the jars in a boiling water canner and process for about 15 minutes.
16. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 65| Fat: 0.2g| Carbs: 15.7g| Fiber: 1g| Protein: 0.6g

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## **HONEY TOMATO & PEACH SALSA**

**Prep Time: 15 mins.| Cook Time: 15 mins.| Canning Time: 15 mins.| Serves: 32**

- 4 C. peaches, peeled, pitted and chopped
- 4 C. tomatoes, peeled, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 C. red onion, chopped
- 4 jalapeño peppers, seeded and finely chopped
- ½ C. fresh cilantro, finely chopped
- ½ C. liquid honey
- ¼ C. balsamic vinegar
- 2 tbsp. fresh lemon juice

1 tsp. lemon zest, grated

1. In a large-sized non-reactive saucepan, add peaches, tomatoes, bell pepper, onion and jalapeno peppers over medium heat and bring to a boil, stirring continuously.
2. Add in remaining ingredients and again bring to a boil.
3. Reduce heat to low and simmer for about 5 minutes, stirring frequently.
4. In 8 (½-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 32 | Fat: 0.2g | Carbs: 7.8g | Fiber: 0.8g | Protein: 0.5g

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## **TOMATO, MANGO & PINEAPPLE SALSA**

**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 15 mins. | Serves: 48**

- 4 C. Roma tomatoes, seeded, chopped and drained
- 3½ C. fresh pineapple, chopped
- 2 C. mango, peeled, pitted and chopped
- 1 C. sweet onion, chopped
- 1 C. red bell pepper, seeded and chopped

¼ C. jalapeño peppers, finely minced  
1 tsp. fresh ginger, grated  
2 garlic cloves, minced  
¼ C. apple cider vinegar  
¼ C. bottled lime juice  
1/3 C. white sugar  
½ tsp. salt

1. In a large-sized non-reactive saucepan, add all of the ingredients over medium-high heat and bring to a boil.
2. Reduce the heat to low and simmer for about 10 minutes.
3. In 6 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 21| Fat: 0.1g| Carbs: 5.2g| Fiber: 0.6g| Protein: 0.3g

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## **MANGO SALSA**



**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 15 mins. | Serves: 32**

6 C. firm mangoes, peeled, pitted and chopped  
1½ C. red bell pepper, seeded and chopped  
1 red onion, finely chopped  
2 tsp. fresh cilantro, chopped  
2 tsp. fresh ginger, finely chopped  
2 garlic cloves, minced  
1¼ C. white vinegar  
½ C. water  
1 C. brown sugar  
½ tsp. red pepper flakes, crushed

1. In a non-reactive saucepan, add all ingredients over medium-high heat and bring to a boil, stirring continuously.
2. Now set the heat to low and cook for about 5 minutes.
3. In 4 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.

7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 42| Fat: 0.2g| Carbs: 10.1g| Fiber: 0.7g| Protein: 0.4g

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## PEACH SALSA

**Prep Time: 15 mins.| Cook Time: 15 mins.| Canning Time: 15 mins.| Serves: 32**

6 C. peaches, peeled, pitted and chopped  
½ C. white vinegar  
1¼ C. onion, finely chopped  
7 oz. red bell pepper, seeded and chopped  
½ C. fresh cilantro, finely chopped  
4 jalapeño peppers, seeded and chopped  
1 garlic clove, minced  
2 tbsp. honey  
2 tbsp. fresh lime juice  
1½ tsp. ground cumin  
½ tsp. cayenne pepper

1. In a large-sized non-reactive saucepan, add peaches and vinegar and mix well.
2. In the saucepan, add the remaining ingredients and mix well.
3. Place the saucepan of peaches over medium-high heat and bring to a boil.

4. Now set the heat to low and cook, uncovered for about 5-10 minutes, stirring frequently.
5. In 8 (½-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 15 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 27 | Fat: 0.2g | Carbs: 6.4g | Fiber: 1g | Protein: 0.6g

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## **MANGO & PEACH SALSA**

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 15 mins. | Serves: 44**

- 6 C. fresh peaches, peeled, pitted and chopped
- 2 C. mango, peeled, pitted and chopped
- 4 jalapeño peppers, chopped
- 1½ C. orange bell peppers, seeded and chopped
- 1½ C. red onion, finely chopped
- 1 tbsp. garlic, minced
- 1 tbsp. fresh ginger, minced
- 3 tbsp. fresh cilantro, chopped
- 2 tbsp. fresh lime juice
- 1 tsp. lime zest, grated
- 1½ C. white vinegar



1 C. white sugar  
½ tsp. salt

1. In a large-sized non-reactive saucepan, add all of the ingredients over high heat and bring to a boil, stirring frequently.
2. Reduce the heat to low and simmer for about 5 minutes.
3. In 11 (½-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 36| Fat: 0.1g| Carbs: 8.6g| Fiber: 0.6g| Protein: 0.4g

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## **PEACH & PINEAPPLE SALSA**

**Prep Time: 15 mins. | Cook Time: 20 mins. | Canning Time: 15 mins. | Serves: 24**

4 C. peaches, pitted and chopped  
2 C. pineapple, peeled and chopped  
1¼ C. red onion, chopped  
4 jalapeño peppers, finely chopped  
1 red bell pepper, seeded and chopped  
½ C. fresh cilantro, finely chopped

½ C. white vinegar  
2 tbsp. honey  
2 garlic cloves, minced  
1 tsp. cayenne pepper  
1 tsp. ground cumin

1. In a large-sized non-reactive saucepan, add all of the ingredients over high heat and bring to a boil, stirring frequently.
2. Reduce the heat to low and simmer for about 10-15 minutes.
3. In 6 (½-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 29| Fat: 0.2g| Carbs: 6.9g| Fiber: 0.9g| Protein: 0.5g

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## **PEACH, PINEAPPLE & PAPAYA SALSA**

**Prep Time: 15 mins.| Cook Time: 15 mins.| Canning Time: 15 mins.| Serves: 36**

6 C. fresh pineapple, peeled and chopped

- 1 C. fresh mango, peeled, pitted and chopped
- 2 C. fresh papaya, peeled, seeded and chopped
- ½ C. bottled lemon juice
- 3-4 tbsp. canning spices

1. In a large-sized non-reactive saucepan, add all of the ingredients over high heat and bring to a boil, stirring frequently.
2. Reduce the heat to low and simmer for about 10 minutes.
3. In 9 (½-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 22 | Fat: 0.1g | Carbs: 5.5g | Fiber: 0.6g | Protein: 0.3g

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## **BEANS & CORN SALSA**

**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 15 mins. | Serves: 56**

- 1 (15-oz.) can black beans, rinsed and drained
- 2 C. frozen corn
- 8 C. tomatoes, peeled, chopped and drained
- 2½ C. sweet onions, chopped

1½ C. sweet green peppers, seeded and chopped  
1 C. jalapeno pepper, chopped  
1 cubanelle pepper, chopped  
6 garlic cloves, minced  
1 (15-oz.) can tomato sauce  
1 (12-oz.) can tomato paste  
1/3 C. vinegar  
1 tsp. ground cumin  
1 tsp. ground black pepper  
1/8 C. canning salt

1. In a non-reactive saucepan, add all ingredients over medium-high heat and bring to a boil, stirring continuously.
2. Now set the heat to low and cook for about 10 minutes, stirring occasionally.
3. In 7 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 47 | Fat: 0.3g | Carbs: 9.3g | Fiber: 2.2g | Protein: 2.6g

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# RELISH & CHUTNEYS RECIPES

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## DILL PICKLE RELISH



**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 64**

- 2½ lb. cucumbers, peeled, seeded and finely chopped
- 2 small bell peppers (green and red), seeded and finely chopped
- 1 large yellow onion, finely chopped
- 3 garlic cloves, minced
- ¼ C. salt
- 3 C. white vinegar
- 2 tsp. dill seeds
- 1 tbsp. yellow mustard seeds
- 2 tsp. celery seeds
- ½ tsp. ground turmeric
- 2 bay leaves

1. In a large non-reactive bowl, add chopped cucumbers, bell pepper, onion, garlic and salt and stir to combine well.
2. Cover the cucumber mixture with water and set aside for about 6 hours.
3. In a colander, drain the cucumber mixture and rinse well.
4. Again, drain the cucumber mixture completely and then with your hands, squeeze out excess liquid.
5. In a non-reactive saucepan, add the vinegar and spices over medium-high heat and bring to a boil.
6. Now adjust the heat to medium-low and simmer for about 5 minutes.
7. Add the drained cucumber mixture and stir to combine.
8. Now adjust the heat to medium-high and again bring to a boil.
9. Now adjust the heat to medium-low and simmer, uncovered for about 10 minutes.
10. Remove the saucepan of relish from heat and discard the bay leaves.
11. In 4 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
12. Slide a small knife around the insides of each jar to remove air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Arrange the jars in a boiling water canner and process for about 10 minutes.
16. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 17| Fat: 0.2g| Carbs: 3.5g| Fiber: 0.5g| Protein: 0.6g

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## **SWEET PICKLE RELISH**

**Prep Time: 15 mins.| Cook Time: 10 mins.| Canning Time: 10 mins.| Serves: 64**

4 C. cucumbers, finely chopped  
2 C. sweet yellow peppers, seeded and finely chopped  
2 C. onion, finely chopped  
¼ C. kosher salt  
2 C. cider vinegar  
3½ C. white sugar  
1 tbsp. mustard seeds  
1 tbsp. celery seeds

1. In a large non-reactive bowl, add chopped cucumbers, sweet peppers, onions and salt and stir to combine well.
2. Cover the cucumber mixture with ice water and set aside for about 2 hours.
3. In a colander, drain the cucumber mixture and rinse well.
4. Again, drain the cucumber mixture completely and then with your hands, squeeze out excess liquid.
5. In a non-reactive saucepan, add vinegar, sugar, vinegar, mustard seeds and celery seeds and bring to a boil.
6. Stir in the drained cucumber mixture and simmer for about 10 minutes.
7. In 4 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Place the jars in a boiling water canner and process for about 10 minutes.

2. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
3. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
4. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 47 | Fat: 0.1g | Carbs: 12g | Fiber: 0.2g | Protein: 0.2g

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## GREEN TOMATO RELISH

**Prep Time: 20 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 48**

6 large green tomatoes, quartered  
2 small bell peppers (red and green), halved and seeded  
3 large onions  
½ C. cider vinegar  
1¼ C. white sugar  
¾ tbsp. mustard seeds  
¾ tbsp. celery seeds  
¼ tbsp. salt

1. Place the quartered tomatoes, bell peppers and onions in a food processor in 2 batches and pulse until very finely chopped.
2. Arrange a large cheesecloth-lined colander over a sink.
3. Place the tomato mixture into the colander and set aside for about 1 hour to drain.
4. In a non-reactive saucepan, add the drained tomato mixture and remaining ingredients and stir to combine.
5. Place the saucepan over medium-high heat and bring to a boil.
6. Now set the heat to low and cook for about 5 minutes, stirring frequently.



7. In 3 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 31 | Fat: 0.2g | Carbs: 7.5g | Fiber: 0.6g | Protein: 0.4g

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## PEPPERS RELISH

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 48**

1½ lb. jalapeño peppers, seeded and finely chopped  
½ lb. sweet peppers, seeded and finely chopped  
1/3 lb. onion, chopped  
3 garlic cloves, minced  
1 C. white vinegar  
½ C. apple cider vinegar  
½ C. water  
1 tbsp. salt  
1 tsp. cumin seeds  
½ tsp. yellow mustard seeds  
¼ tsp. celery seeds

1. In a large non-reactive saucepan, add all of the ingredients over high heat and bring to a boil, stirring occasionally.
2. Now adjust the heat to medium-low and simmer, uncovered for about 20 minutes.
3. In 6 (½-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 8| Fat: 0.2g| Carbs: 1.2g| Fiber: 0.5g| Protein: 0.2g

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## ZUCCHINI RELISH



**Prep Time: 15 mins.| Cook Time: 35 mins.| Canning Time: 10 mins.| Serves: 56**

6 C. zucchini, shredded  
2 C. onion, chopped  
2½ tbsp. canning salt  
1 bell pepper, seeded and chopped  
3 C. white sugar  
1¼ C. white vinegar  
½ tbsp. cornstarch  
¾ tsp. celery seeds  
1/3 tsp. ground turmeric  
1/3 tsp. ground nutmeg  
¼ tsp. ground black pepper

1. In a large non-reactive bowl, add chopped zucchini, onion and salt and stir to combine well.
2. Cover the bowl and refrigerate overnight.
3. In a colander, drain the zucchini mixture and rinse well.
4. Again, drain the zucchini mixture completely and then with your hands, squeeze out excess liquid.
5. In a non-reactive saucepan, add the chopped bell peppers, sugar, vinegar, cornstarch and spices and stir to combine.
6. Add the drained zucchini mixture and stir to combine.
7. Place the saucepan over medium-high heat and bring to a boil.
8. Now adjust the heat to medium-low and simmer, uncovered for about 30 minutes.
9. In 7 (½-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Arrange the jars in a boiling water canner and process for about 10 minutes.

- .4. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- .5. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .6. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 46| Fat: 0g| Carbs: 11.8g| Fiber: 0.3g| Protein: 0.2g

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## **ARTICHOKE RELISH**

**Prep Time: 20 mins.| Cook Time: 7 mins.| Canning Time: 10 mins.| Serves: 56**

- 10½ C. cold water
- ¾ C. kosher salt, divided
- 1¾ lb. Jerusalem artichokes, scrubbed, trimmed and cut into a small pieces
- 2 C. bell peppers, seeded and finely chopped
- 1 C. onion, finely chopped
- 2½ C. cider vinegar
- 1 C. white sugar
- ½ C. light brown sugar
- 1 tbsp. ground turmeric
- 1 tbsp. plus 1 tsp. mustard seeds
- 1 tsp. red pepper flakes

1. In a large-sized bowl, add 9½ C. of water and ½ C. of salt and stir until salt is dissolved.
2. Add in the artichokes and set aside, covered for at least 5-6 hours.
3. In another bowl, add remaining water and salt and stir until salt is dissolved.
4. Add in the peppers and onions and set aside, covered for at least 1 hour.

5. Drain the artichokes, peppers and onions well and transfer into a large heatproof bowl.
6. In a stainless steel saucepan, add the vinegar, sugars, turmeric, mustard seeds and red pepper flakes over medium heat and bring to a gentle simmer, stirring frequently.
7. Simmer for about 2 minutes.
8. Pour the sugar mixture over the artichoke mixture and set aside to cool to room temperature.
9. In 7 (½-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Arrange the jars in a boiling water canner and process for about 10 minutes.
14. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 31| Fat: 0.1g| Carbs: 7g| Fiber: 0.9g| Protein: 0.5g

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## **WHITE ONION RELISH**

**Prep Time: 15 mins.| Cook Time: 13 mins.| Canning Time: 10 mins.| Serves: 48**

- 8 C. white onion, finely sliced
- 1 C. white vinegar
- 1½ C. white sugar
- 1 tsp. salt

¼ tsp. mustard seeds

1. In a saucepan of boiling water, cook the onion slices for about 4 minutes.
2. Drain the onion slices and set aside.
3. In a stainless steel saucepan, add the vinegar, sugar, salt and mustard seeds over medium heat and bring to a gentle simmer, stirring frequently.
4. Add in the drained onion slices and simmer for about 4 minutes.
5. In 6 (½-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 32 | Fat: 0g | Carbs: 8.1g | Fiber: 0.4g | Protein: 0.2g

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## **VIDALIA ONION RELISH**

**Prep Time: 15 mins. | Cook Time: 35 mins. | Canning Time: 10 mins. | Serves: 64**

7-8 medium Vidalia onions, thinly sliced

¼ C. salt

2 C. cider vinegar

2¼ C. white sugar  
½ tsp. turmeric  
½ tsp. pickling spice  
½ tsp. pimento, chopped

1. In a bowl, add onion slices and salt and toss to coat well.
2. Set aside for about 30 minutes.
3. Squeeze the onion slices well.
4. In a large stainless steel saucepan, add onions, vinegar, sugar, spices, and pimento over medium-high heat and bring to a boil.
5. Reduce the heat to low and cook for about 30 minutes, stirring occasionally.
6. In 4 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 33| Fat: 0g| Carbs: 8.3g| Fiber: 0.3g| Protein: 0.1g

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## **CABBAGE RELISH**

**Prep Time: 25 mins.| Cook Time: 1 hr. 5 mins.|**

**Canning Time: 10 mins.| Serves: 80**

10 C. Vidalia onions, grated  
3<sup>3</sup>/<sub>4</sub> tbsp. kosher salt, divided  
3 large multi-colored bell peppers  
½ large head cabbage, finely shredded  
2<sup>1</sup>/<sub>4</sub> C. white sugar  
2 C. apple cider vinegar  
¾ tbsp. ground turmeric  
¾ tbsp. mustard seeds  
¼ tbsp. celery seeds

1. In a colander, place the grated onions and 2 tbsp. of salt and mix well. Set aside for about 1 hour.
2. In another colander, place the cabbage and 1 tbsp. of salt and mix well. Set aside for about 1 hour.
3. Preheat your oven to broiler.
4. Arrange the bell peppers onto a broiler pan in a single layer.
5. Broil for about 10-20 minutes, flipping 2-3 times.
6. Remove the bell peppers from oven and place in a heatproof bowl.
7. Immediately cover the bowl with plastic wrap and set aside for about 5-10 minutes.
8. Remove the skins of bell peppers and then cut in half, lengthwise.
9. Remove seeds and stem and then chop into small pieces. Set aside.
10. Squeeze the onion and cabbage to release all the liquid.
11. In a large stainless steel saucepan, add bell peppers, onions, cabbage and remaining ingredients over medium-high heat and bring to a boil.
12. Reduce the heat to low and cook for about 45 minutes, stirring occasionally.
13. In 5 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
14. Slide a small knife around the insides of each jar to remove air bubbles.



- .5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- .6. Close each jar with a lid and screw on the ring.
- .7. Arrange the jars in a boiling water canner and process for about 10 minutes.
- .8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- .9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- !0. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 31.5| Fat: 0.5g| Carbs: 7.8g| Fiber: 0.5g| Protein: 0.3g

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## CORN RELISH

**Prep Time: 15 mins.| Cook Time: 25 mins.| Canning Time: 10 mins.| Serves: 48**

- 9 ears fresh sweet corn on the cob
- 1 1/3 C. bell peppers (green and red), seeded and chopped
- 1/4 C. jalapeño pepper, minced
- 2 tbsp. garlic, minced
- 1 tbsp. Kosher salt
- 2 tsp. dried mustard powder
- 2 C. cider vinegar
- 1/2 C. water
- 5 1/2 C. light brown sugar

1. Shuck the corn and then carefully remove the silks.
2. With a sharp knife, remove the kernels and discard the cobs.
3. In a large non-reactive saucepan, add all of the ingredients over high heat and bring the mixture to a boil,

- stirring occasionally.
4. Now adjust the heat to medium-low and simmer, uncovered for about 20 minutes.
  5. In 4 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
  6. Slide a small knife around the insides of each jar to remove air bubbles.
  7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  8. Close each jar with a lid and screw on the ring.
  9. Arrange the jars in a boiling water canner and process for about 10 minutes.
  10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
  11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  12. The canned relish can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 99| Fat: 0.3g| Carbs: 23.6g| Fiber: 0.5g| Protein: 1.1g

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## APPLE CHUTNEY



**Prep Time: 15 mins. | Cook Time: 1½ hrs. | Canning Time: 15 mins. | Serves: 56**

2 tbsp. olive oil

1 onion, finely chopped  
1 tsp. coarse salt  
2 lb. cider apples, cored and cut into pieces  
½ C. raisins  
2 tbsp. crystallized ginger  
2 tsp. mustard seeds, roughly ground  
1 tsp. ground cinnamon  
½ tsp. ground cardamom  
½ tsp. curry powder  
½ tsp. red chili flake  
¼ tsp. cayenne pepper  
¼ tsp. ground allspice  
12 whole cloves  
1 C. apple cider vinegar  
½ C. brown sugar

1. In a heavy-bottomed saucepan, heat the oil over medium-high heat and cook the onions and salt for about 10-12 minutes, stirring frequently.
2. Add in the apples and cook for about 10-12 minutes, stirring frequently.
3. Stir in the raisins, ginger and spices and cook for about 2 minutes, stirring frequently.
4. Add in the vinegar and brown sugar and bring to a boil.
5. Now set the heat to low and cook, covered for about 45-60 minutes, stirring occasionally.
6. In 7 (½-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 15 minutes.

1. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
2. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
3. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 20 | Fat: 0.6g | Carbs: 3.7g | Fiber: 0.3g | Protein: 0.1g

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## PEAR CHUTNEY

**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 15 mins. | Serves: 40**

3lb. pears, peeled, cored and chopped  
1½ C. raisins  
1 lemon, seeded and finely chopped  
1 small hot chile pepper, finely chopped  
¼ C. fresh ginger, peeled and finely chopped  
1 garlic clove, peeled and finely chopped  
1¼ C. light brown sugar  
½ C. apple cider vinegar  
½ tsp. kosher salt  
¼ tsp. ground allspice  
¼ tsp. ground coriander  
Pinch ground cloves  
¼ tsp. ground black pepper

1. In a non-reactive saucepan, add all ingredients over high heat and bring to a boil, stirring continuously.
2. Now adjust the heat to medium-low and cook for about 20-25 minutes, stirring occasionally.
3. In 5 (½-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.

5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 57 | Fat: 0.1g | Carbs: 14.4g | Fiber: 1.3g | Protein: 0.4g

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## PLUM CHUTNEY

**Prep Time: 15 mins. | Cook Time: 50 mins. | Canning Time: 15 mins. | Serves: 24**

- 4 C. plums, chopped
- 1 C. onion, minced
- 2 tsp. fresh ginger, grated
- $\frac{3}{4}$  C. raisins
- 2 C. brown sugar
- $1\frac{1}{2}$  C. apple cider vinegar
- 2 tsp. lemon zest, grated
- 2 tsp. sea salt
- 1 tsp. ground cinnamon
- $\frac{1}{2}$  tsp. ground cloves
- $\frac{1}{2}$  tsp. mustard seeds
- $\frac{1}{4}$  tsp. red chili flakes

1. In a non-reactive saucepan, add all ingredients over high heat and bring to a boil, stirring continuously.

2. Now adjust the heat to medium and cook, covered for about 40-45 minutes, stirring often.
3. In 3 (½-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 71| Fat: 0.1g| Carbs: 17.6g| Fiber: 0.5g| Protein: 0.3g

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## PEACH CHUTNEY



**Prep Time: 20 mins.| Cook Time: 50 mins.| Canning Time: 15 mins.| Serves: 64**

4 lb. yellow peaches, pitted and quartered  
1 medium yellow onion, minced

1 tbsp. fresh ginger, grated  
2 C. golden raisins  
1¾ C. red wine vinegar  
1½ C. honey  
2 tbsp. fresh lemon juice  
1-2 tsp. lemon zest, grated  
1 tbsp. mustard seeds  
1½ tsp. sea salt  
½ tsp. red chili flakes

1. In a large, heatproof bowl, place the peach quarters and cover with boiling water.
2. Cover the pan and set aside for about 2-3 minutes.
3. Drain the peach quarters completely and remove the skin.
4. Then chop the peach quarters into small pieces.
5. In a large, non-reactive saucepan, add the peaches and remaining all ingredients over high heat.
6. Now adjust the heat to medium-low and simmer for about 45 minutes, stirring occasionally.
7. In 8 (½-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 15 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 45| Fat: 0.1g| Carbs: 11.4g| Fiber: 0.4g| Protein:  
0.3g

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## MANGO CHUTNEY

**Prep Time: 15 mins.| Cook Time: 35 mins.| Canning  
Time: 15 mins.| Serves: 48**

4 C. mangoes, peeled, pitted and chopped  
C. yellow onion, chopped roughly  
 $\frac{3}{4}$  C. golden raisins  
 $\frac{1}{2}$  C. orange, peeled, seeded and chopped  
 $\frac{1}{2}$  C. lime, peeled, seeded and chopped  
 $\frac{1}{4}$  C. lemon, peeled, seeded and chopped  
 $\frac{1}{2}$  C. fresh ginger root, grated  
3 garlic cloves, minced  
1 C. apple cider vinegar  
1 C. dark brown sugar  
 $\frac{1}{2}$  C. molasses  
1 tbsp. mustard seeds  
1 tsp. dried red pepper flakes, crushed  
1 tsp. ground cinnamon  
 $\frac{1}{4}$  tsp. ground cloves  
 $\frac{1}{4}$  tsp. ground allspice  
2 tbsp. fresh cilantro, chopped

1. In a non-reactive saucepan, add all ingredients except for cilantro over high heat and bring to a boil, stirring continuously.
2. Now adjust the heat to medium-low and cook for about 20 minutes, stirring occasionally.
3. Add in cilantro and cook for about 10 minutes, stirring occasionally.
4. In 6 ( $\frac{1}{2}$ -pint) hot sterilized jars, divide the chutney, leaving about  $\frac{1}{2}$ -inch space from the top.



5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 42 | Fat: 0.2g | Carbs: 10.3g | Fiber: 0.5g | Protein: 0.3g

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## FIG CHUTNEY

**Prep Time: 15 mins. | Cook Time: 1 hr. 20 mins. |  
Canning Time: 15 mins. | Serves: 24**

1/3 C. raisins  
1/2 C. apple cider vinegar  
1/2 C. brown sugar  
2 C. fresh figs, stems removed and quartered  
1/3 C. apple, cored and chopped  
1/2 C. white onion, chopped  
1/2 tsp. ground ginger  
1/4 tsp. ground nutmeg  
1/4 tsp. ground clove  
1/3 tsp. salt

1. In a bowl of hot water, soak the raisins for 10 minutes.
2. Then drain the raisins and set aside.

3. In a saucepan, add vinegar and sugar over medium-low heat and cook for about 3-5 minutes or until sugar is dissolved completely, stirring continuously.
4. Add the raisins, figs, apple, onion, spices, and salt and bring to a boil.
5. Now adjust the heat to low and cook for about 1 hour, stirring occasionally.
6. In 3 (½-pint) hot sterilized jars, divide the cranberry chutney, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 15 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 63| Fat: 0.2g| Carbs: 15.9g| Fiber: 1.8g| Protein: 0.7g

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## **CRANBERRY CHUTNEY**

**Prep Time: 15 mins.| Cook Time: 35 mins.| Canning Time: 15 mins.| Serves: 48**

- 3 C. fresh cranberries
- 1¼ C. red onion, finely chopped
- 1¼ C. dried pineapple, chopped
- 2 tbsp. fresh ginger root, chopped
- 3 garlic cloves, finely chopped

1 tsp. orange zest, grated  
1 C. apple cider vinegar  
¼ C. fresh orange juice  
1½ C. white sugar  
1 C. golden raisins  
1 C. water  
1 tsp. dry mustard  
1 tsp. ground cinnamon  
¾ tsp. ground cloves  
½ tsp. cayenne pepper

1. In a large stainless-steel saucepan, add cranberries, onions, pineapple, ginger root, garlic, orange zest vinegar and orange juice over medium heat and bring to a boil. , stirring occasionally.
2. Now set the heat to low and cook, covered for about 15 minutes, stirring occasionally.
3. Add in the remaining ingredients and cook, uncovered for about 15 minutes, stirring occasionally.
4. In 6 (½-pint) hot sterilized jars, divide the cranberry chutney, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 42| Fat: 0.1g| Carbs: 10.5g| Fiber: 0.5g| Protein: 0.2g

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## RAISIN CHUTNEY

**Prep Time: 10 mins.| Cook Time: 25 mins.| Canning Time: 15 mins.| Serves: 16**

4 tbsp. all-purpose flour  
2 C. water  
2 C. raisins  
2 C. fresh orange juice  
½ C. white sugar  
½ tsp. salt  
Pinch of ground cloves

1. In a small-sized bowl, dissolve the flour in ½ C. of water. Set aside.
2. In a small-sized saucepan, add raisins, orange juice, and remaining water and bring to a boil.
3. Add the flour mixture, stirring continuously.
4. Add sugar, salt, and cloves and again, bring to a boil.
5. Now adjust the heat to low and simmer for about 10-15 minutes or until thickened, stirring occasionally.
6. In 2 (½-pint) hot sterilized jars, divide the cranberry chutney, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 15 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.

3. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 99| Fat: 0.2g| Carbs: 25.3g| Fiber: 0.8g| Protein: 1g

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## TOMATO CHUTNEY

**Prep Time: 15 mins.| Cook Time: 2 hrs. 10 mins.|**

**Canning Time: 15 mins.| Serves: 80**

2½ C. red wine vinegar  
3¾ C. apple cider vinegar  
3¾ C. granulated cane sugar  
3 tbsp. mustard seeds  
5 tsp. sea salt  
2½ tsp. ground black pepper  
2 tsp. red pepper flakes, crushed  
½ tsp. paprika  
5 lb. tomatoes, chopped  
5 bell peppers (red), seeded and chopped  
3¾ C. scallions, chopped

1. In a non-reactive saucepan, add both kinds of vinegar, cane sugar, mustard seeds, salt, ground black pepper, black pepper, red pepper flakes and paprika over medium-high heat and bring to a boil.
2. Add in the tomatoes, bell peppers and scallions and again, bring to a full rolling boil.
3. Now set the heat to low and cook for about 2 hours, stirring occasionally.
4. In 5 (1-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.

8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 49| Fat: 0.2g| Carbs: 11.4g| Fiber: 0.7g| Protein: 0.6g

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## **GREEN TOMATO CHUTNEY**

**Prep Time: 15 mins. | Cook Time: 1 hr. 35 mins. |  
Canning Time: 15 mins. | Serves: 32**

6 C. green tomatoes, chopped  
1¼ C. onion, chopped  
1 C. white vinegar  
1½ C. brown sugar  
2 cinnamon sticks  
3 star anise pods  
2 tsp. ground ginger  
½ tsp. ground cloves  
¼ tsp. red chili flakes  
1 tsp. sea salt

1. In a non-reactive saucepan, add all ingredients over medium-high heat and bring to a boil.
2. Now set the heat to low and cook for about 1-1½ hours, stirring occasionally.
3. In 2 (1-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.

5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned chutney can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 36 | Fat: 0.1g | Carbs: 8.6g | Fiber: 0.5g | Protein: 0.4g

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## SAUCES RECIPES

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### HOT SAUCE



**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 20 mins. | Serves: 64**

2 tbsp. pickling spices

1½ C. hot peppers, stemmed, seeded and chopped

64 oz. canned tomatoes

4 C. white vinegar  
1 tsp. pickling salt

1. In a cheesecloth, tie the pickling spices.
2. In a large non-reactive saucepan, add spice bag and remaining ingredients over medium-high heat and bring to a boil.
3. Now set the heat to low and cook for about 20 minutes.
4. Through a food mill, press the mixture.
5. Return the liquid into the same saucepan and again bring to a boil.
6. Cook for about 15 minutes.
7. Remove the saucepan of sauce from heat and discard the spice bag.
8. In 8 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Arrange the jars in a boiling water canner and process for about 20 minutes.
13. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 9 | Fat: 0.1g | Carbs: 1.4g | Fiber: 0.4g | Protein: 0.3g

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## **TOMATO SAUCE**





**Prep Time: 15 mins. | Cook Time: 2 hrs. 10 mins. |  
Canning Time: 35 mins. | Serves: 32**

10 lb. tomatoes, peeled, cored and chopped  
3 medium onions, finely chopped  
3 garlic cloves, minced  
1½ tsp. oregano  
1 tsp. white sugar  
2 bay leaves  
1 tsp. salt  
1 tsp. ground black pepper flakes  
½ tsp. red pepper flakes  
2-3 tbsp. fresh lemon juice

1. In a stainless steel saucepan, add all ingredients and bring to a boil.
2. Now set the heat to low and cook for about 2 hours, stirring occasionally.
3. Remove the saucepan of sauce from heat and through a food mill, pass the mixture, discarding the seeds.
4. Return mixture to the same pan over medium-high heat and cook for about 4-5 minutes or until thick, stirring frequently.
5. Remove the saucepan of sauce from heat and stir in lemon juice.
6. In 4 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.

7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Arrange the jars in a boiling water canner and process for about 35 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 32| Fat: 0.3g| Carbs: 6.9g| Fiber: 2g| Protein: 1.4g

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## **TOMATO & PEPPER SAUCE**

**Prep Time: 15 mins. | Cook Time: 1¼ hrs. | Canning Time: 35 mins. | Serves: 48**

12 lb. ripe tomatoes  
b. onions, quartered  
1 lb. sweet peppers, seeded and chopped  
4½ C. vinegar  
4½ C. white sugar  
1/8 C. canning salt  
1½ tbsp. dry mustard  
1 tbsp. ground red pepper  
1 tsp. whole allspice  
½ tbsp. whole cloves  
2 cinnamon sticks

1. In the pan of boiling water, cook the tomatoes for about 30-60 seconds.
2. Drain the potatoes and transfer the bowl of cold water.
3. Carefully remove the skins and cores.
4. Then, chop the tomatoes roughly.

5. In a blender, add tomatoes, peppers and onions and pulse at high speed for about 5 seconds.
6. Transfer the mixture into a non-reactive saucepan over medium-high heat and bring to a boil.
7. Now set the heat to low and cook for about 60 minutes, stirring frequently.
8. In a spice bag, add dry mustard, red pepper and spices.
9. In the pan of sauce, add vinegar, sugar, salt and spice bag and simmer for about 5-10 minutes.
10. Remove the saucepan of sauce from heat and discard the spice bag.
11. In 6 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
12. Slide a small knife around the insides of each jar to remove air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Arrange the jars in a boiling water canner and process for about 35 minutes.
15. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
16. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
17. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 102| Fat: 0.4g| Carbs: 24.6g| Fiber: 1.7g| Protein: 1.2g

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## ENCHILADA SAUCE

**Prep Time: 20 mins. | Cook Time: 2 hrs. 10 mins. |**

**Canning Time: 35 mins. | Serves: 16**

10 plum tomatoes

2 medium carrots, peeled and shredded

1 large sweet pepper, seeded and chopped

2 medium onions, chopped  
1 medium zucchini, shredded  
7 garlic cloves, minced  
2 jalapeño peppers, seeded and chopped  
1 C. fresh cilantro, chopped  
2 tbsp. red chili powder  
1 tbsp. paprika  
Pinch of salt  
1 tsp. dried oregano  
½ tsp. dried thyme  
3 C. water

1. With a sharp knife, cut a shallow “X” on the bottom of each tomato.
2. In a large saucepan of boiling water, place tomatoes, a few at a time for about 30-60 seconds.
3. With tongs, transfer the tomatoes into a large bowl of ice water.
4. With the tip of a knife, remove the skin of each tomato.
5. In a Dutch oven, add tomatoes and remaining ingredients and bring to a boil over high heat.
6. Reduce the heat to low and simmer, uncovered for about 1-2 hours or until desired consistency is achieved.
7. Remove the pan of sauce from heat and with an immersion blender, blend until smooth.
8. In 2 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Arrange the jars in a boiling water canner and process for about 35 minutes.
13. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.

4. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
5. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 38| Fat: 0.5g| Carbs: 8.4g| Fiber: 2.2g| Protein: 1.7g

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## SPAGHETTI SAUCE

**Prep Time: 15 mins.| Cook Time: 45 mins.| Canning Time: 35 mins.| Serves: 72**

15 lb. tomatoes  
2 tbsp. olive oil  
½ lb. fresh mushrooms, sliced  
½ C. onions, chopped  
½ C. celery, chopped  
3 garlic cloves, minced  
2 tsp. salt  
1 tbsp. fresh oregano, minced  
2 tbsp. fresh parsley, minced  
1 tsp. ground black pepper  
2 tbsp. brown sugar

1. In the pan of boiling water, cook the tomatoes for about 30-60 seconds.
2. Drain the potatoes and transfer the bowl of cold water.
3. Carefully remove the skins and cores.
4. Then, chop the tomatoes roughly.
5. In a stainless-steel saucepan, add tomatoes with any juice over medium heat and cook for about 20 minutes, stirring frequently.
6. Remove the saucepan of sauce from heat and through a food mill, pass the tomatoes, discarding the seeds.
7. In a non-stick saucepan, heat the olive oil over medium heat and cook the mushrooms, onion, celery and garlic for about 4-5 minutes, stirring frequently.

8. Add the cooked tomatoes and remaining ingredients and bring to a boil.
9. Now set the heat to low and cook for about 5-10 minutes, stirring frequently.
10. In 9 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
11. Slide a small knife around the insides of each jar to remove air bubbles.
12. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
13. Arrange the jars in a boiling water canner and process for about 35 minutes.
14. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 23| Fat: 0.6g| Carbs: 4.2g| Fiber: 1.2g| Protein: 1g

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## MARINARA SAUCE



**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 35 mins. | Serves: 24**

- 4 tbsp. olive oil
- 2 garlic cloves, chopped
- 4 tsp. onion flakes

4 tsp. fresh thyme, finely chopped  
4 tsp. fresh oregano, finely chopped  
48 oz. tomato puree  
2 tbsp. balsamic vinegar  
1 tbsp. white sugar  
Salt and ground black pepper, as required  
4 tbsp. fresh parsley, finely chopped

1. In a medium non-reactive saucepan, heat the olive oil over medium-low heat and sauté the garlic, onion flakes, thyme and oregano for about 3 minutes.
2. Stir in the tomato puree, vinegar, sugar, salt, and black pepper and bring to a gentle simmer.
3. Remove from the heat and stir in the parsley.
4. In 3 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 35 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 47| Fat: 2.5g| Carbs: 6.2g| Fiber: 1.3g| Protein: 1.1g

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## PIZZA SAUCE

**Prep Time: 15 mins.| Cook Time: 45 mins.| Canning Time: 35 mins.| Serves: 16**

4 tbsp. olive oil  
4 anchovy fillets  
4 tbsp. fresh oregano leaves, finely chopped  
6 garlic cloves, minced  
1 tsp. dried oregano, crushed  
1 tsp. red pepper flakes, crushed  
2 (28-oz.) cans whole peeled tomatoes, crushed  
1 tsp. white sugar  
Salt and ground black pepper, as required  
2 pinches of baking powder

1. Heat the olive oil in a medium non-reactive saucepan over medium-low heat and cook the anchovy fillets for about 1 minute, stirring occasionally.
2. Stir in the fresh oregano, garlic, dried oregano, and red pepper flakes and sauté for about 2-3 minutes.
3. Add the remaining ingredients except for baking powder and bring to a gentle simmer.
4. Reduce the heat to low and simmer for about 35-40 minutes, stirring occasionally.
5. Stir in the baking powder and remove from heat.
6. In 2 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 35 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned sauce can be preserved in the pantry for up to 1 month.



Per Serving:

Calories: 57| Fat: 4g| Carbs: 5.3g| Fiber: 1.7g| Protein: 1.4g

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## STEAK SAUCE

**Prep Time: 15 mins.| Cook Time: 35 mins.| Canning Time: 35 mins.| Serves: 48**

1 C. ketchup  
½ C. onion, roughly chopped  
1 large garlic clove, peeled  
¼ C. water  
¼ C. Worcestershire sauce  
¼ C. bottled lemon juice  
¼ C. white vinegar  
2tbsp. soy sauce  
2 tbsp. brown sugar  
1 tbsp. prepared mustard

1. In a stainless-steel saucepan, add all ingredients over medium heat and bring to a boil.
2. Now set the heat to low and cook for about 30 minutes, stirring frequently.
3. Remove the saucepan of sauce from heat and discard the onion pieces and garlic clove.
4. In 6 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Arrange the jars in a boiling water canner and process for about 35 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.

10. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 9| Fat: 0g| Carbs: 2.1g| Fiber: 0.1g| Protein: 0.2g

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## CREOLE SAUCE

**Prep Time: 15 mins.| Cook Time: 45 mins.| Canning Time: 35 mins.| Serves: 64**

2½ lb. tomato, peeled, cored and chopped  
1 C. onion, chopped  
½ C. sweet pepper  
¼ C. celery, chopped  
1 garlic clove, minced  
½ red chile pepper, chopped  
½ tbsp. fresh parsley, minced  
½ tbsp. white sugar  
1 tsp. salt  
¼ tsp. dried marjoram  
¼ tsp. red chili powder

1. In a stainless-steel saucepan, add all ingredients over medium-high heat and bring to a boil.
2. Now set the heat to low and cook for about 40 minutes, stirring frequently.
3. In 4 (1-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Arrange the jars in a boiling water canner and process for about 35 minutes.
7. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.

8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 5| Fat: 0g| Carbs: 1.1g| Fiber: 0.3g| Protein: 0.2g

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## BBQ SAUCE



**Prep Time: 10 mins. | Cook Time: 1 hr. 5 mins. |  
Canning Time: 20 mins. | Serves: 24**

6 oz. tomato paste  
 $\frac{3}{4}$  C. water  
1/3 C. apple cider vinegar  
3 tbsp. white wine vinegar  
2 tbsp. Worcestershire sauce  
2 tsp. red chili powder  
 $\frac{1}{2}$  tsp. onion powder  
 $\frac{1}{2}$  tsp. garlic powder  
1/4 tsp. ground cinnamon  
1/8 tsp. salt  
 $\frac{1}{2}$  tsp. ground black pepper

1. In a non-reactive saucepan, add all ingredients over medium-high heat and bring to a boil.
2. Now set the heat to low and cook for about 1 hour, stirring occasionally.

3. In 3 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 20 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 9 | Fat: 0.1g | Carbs: 1.9g | Fiber: 0.4g | Protein: 0.4g

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## **CHIPOTLE BBQ SAUCE**

**Prep Time: 15 mins. | Cook Time: 50 mins. | Canning Time: 20 mins. | Serves: 48**

- 1 tbsp. olive oil
- ¼ C. onion, finely chopped
- 2 garlic cloves, minced
- 2 C. tomato sauce
- 1½ (12-oz.) cans tomato paste
- 1¾ oz. canned chipotle peppers in adobo sauce
- 1 C. apple cider vinegar
- ½ C. honey
- ½ C. brown sugar
- 1 tsp. dry mustard
- ½ tsp. pickling salt
- ½ tsp. ground black pepper

1. In a non-reactive saucepan, heat olive oil over medium heat and sauté the onion and garlic for about 2-3 minutes.
2. Add in the remaining ingredients and bring to a boil.
3. Now set the heat to low and cook for about 15-20 minutes, stirring occasionally.
4. Remove the saucepan of sauce from heat and with an immersion blender, blend until smooth.
5. Return the pan over low heat and cook for about 20-25 minutes, stirring occasionally.
6. In 6 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 20 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned sauce can be stored in the refrigerator for up to 1 year.

Per Serving:

Calories: 32 | Fat: 0.4g | Carbs: 7.2g | Fiber: 0.7g | Protein: 0.7g

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## CHERRY BBQ SAUCE

**Prep Time: 15 mins. | Cook Time: 1 hr. | Canning Time: 20 mins. | Serves: 40**

- 3 lb. fresh sweet cherries, pitted
- 1 C. onion, chopped
- 3 garlic cloves, mince

1 C. apple cider vinegar  
¾ C. honey  
3 tsp. salt  
2 tsp. Worcestershire sauce  
2 tsp. natural liquid smoke  
2 tsp. red chili powder  
1-2 tsp. cayenne pepper

1. In a non-reactive saucepan, add all ingredients over medium-high heat and bring to a boil, stirring continuously.
2. Now adjust the heat to medium-low and cook, covered for about 15 minutes, stirring occasionally.
3. Uncover the saucepan and cook for about 20-25 minutes, stirring occasionally.
4. Remove the saucepan of sauce from heat and with an immersion blender, blend until smooth.
5. Return the pan over low heat and cook for about 10-15 minutes, stirring occasionally.
6. In 5 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top. \
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 20 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned sauce can be stored in the refrigerator for up to 1 year.

Per Serving:

Calories: 62| Fat: 0.1g| Carbs: 15.3g| Fiber: 0.3g| Protein: 0.2g

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## MANGO BBQ SAUCE

**Prep Time: 15 mins.| Cook Time: 40 mins.| Canning Time: 20 mins.| Serves: 40**

2 tbsp. canola oil  
2 medium onions, chopped  
2 large garlic cloves, minced  
3 C. tomatoes, peeled and chopped  
½ C. dry red wine  
3 tbsp. honey  
1 tbsp. cider vinegar  
1tbsp. Worcestershire sauce  
1 tsp. dry mustard  
1 tsp. whole peppercorns  
1 tsp. chipotle pepper powder  
1½ tsp. kosher salt  
¼ C. water  
¼ C. mango jam  
2 tbsp. brown sugar  
½ tsp. chipotle pepper hot sauce

1. In a non-reactive saucepan, heat the canola oil over medium-high heat and sauté the onions and garlic for about 5 minutes, stirring occasionally.
2. Add the tomatoes, wine, honey, vinegar, Worcestershire sauce, mustard, peppercorns, chili powder and salt and bring to a boil.
3. Now adjust the heat and simmer for about 30 minutes.
4. Remove the pan of sauce from heat and set aside to cool slightly.
5. In a blender, add tomato mixture and pulse until smooth.
6. Return the sauce into the same pan over medium heat.

7. Stir in the water, jam, brown sugar and hot sauce and bring to a boil.
8. In 5 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned sauce can be preserved in the pantry for up to 1 month.

Per Serving:

Calories: 26| Fat: 0.8g| Carbs: 4.3g| Fiber: 0.3g| Protein: 0.2g

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## CHOCOLATE SAUCE

**Prep Time: 10 mins.| Cook Time: 20 mins.| Canning Time: 15 mins.| Serves:48**

3 C. white sugar  
1½ C. water  
1½ C. Dutch-processed cocoa powder  
2 tbsp. light corn syrup  
1 tbsp. vanilla extract  
¼ tsp. salt

1. In a heavy-bottomed stainless-steel saucepan, add sugar and water over medium heat and bring to a boil.
2. Add the cocoa powder, corn syrup, vanilla extract and salt and with a wire whisk, beat until well combined.
3. Cook for about 14-15 minutes, stirring frequently.



4. In 3 (1-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned sauce can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 56| Fat: 0.4g| Carbs: 14.6g| Fiber: 0.8g| Protein: 0.5g

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## PEAR CARAMEL SAUCE

**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 10 mins. | Serves: 32**

2 lb. ripe pears, cored and cut into pieces  
2 tsp. vanilla bean paste  
1 tsp. sea salt  
1¾ C. water, divided  
3 C. granulated white sugar

1. In a blender, add chopped pears, vanilla bean paste, salt, and ¼ C. of water and pulse until smooth.
2. Transfer the pear puree into a bowl and set aside.
3. In a heavy-bottomed saucepan, add sugar and remaining water over medium-high heat and simmer for about 15-20 minutes, swirling the pan often.

4. Remove the saucepan of sugar syrup from heat and stir in the pear puree.
5. Return the saucepan over medium-low heat and cook for about 5-10 minutes or until the temperature of caramel sauce reaches between 215 °F-225 °F, stirring continuously.
6. In 4 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned sauce can be stored in the refrigerator for up to 1 year.

Per Serving:

Calories: 87| Fat: 0g| Carbs: 23.1g| Fiber: 0.9g| Protein: 0.1g

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## **STRAWBERRY SAUCE**

**Prep Time: 15 mins.| Cook Time: 40 mins.| Canning Time: 10 mins.| Serves: 32**

2 lb. fresh strawberries, hulled and sliced  
1 C. white sugar

1. In a large-sized bowl, add the strawberries and sugar and toss to coat well.
2. Refrigerate to chill for at least 1 hour.

3. In a large heavy-bottomed saucepan, add the strawberry mixture over medium heat and bring to a gentle simmer, stirring frequently.
4. With a slotted spoon, transfer the strawberries into a clean bowl, leaving liquid into the pan.
5. Cook the strawberry liquid for about 15 minutes.
6. Return the strawberries into the pan and cook for about 15-20 minutes, stirring frequently.
7. Remove the saucepan of sauce from heat and immediately skim off foam from the top.
8. In 4 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Arrange the jars in a boiling water canner and process for about 10 minutes.
13. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. The canned sauce can be stored in the refrigerator for up to 1 year.

Per Serving:

Calories: 33 | Fat: 0.1g | Carbs: 8.4g | Fiber: 0.6g | Protein: 0.2g

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## **BLUEBERRY SAUCE**

**Prep Time: 10 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 32**

- 4 C. fresh blueberries
- 3 C. granulated white sugar
- 1 tbsp. fresh lemon juice

2 tsp. fresh lemon zest  
3 oz. liquid fruit pectin

1. In a stainless-steel saucepan, add blueberries over medium heat and with a potato masher, crush them lightly.
2. In the pan, add the sugar, lemon juice and lemon zest and berries and stir to combine.
3. Turn heat to high and bring to a full, rolling boil, stirring continuously.
4. Stir in pectin and boil for about 1 minute, stirring continuously.
5. Remove the saucepan of sauce from heat and immediately skim off foam from the top.
6. In 2 (1-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned sauce can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 98| Fat: 0.1g| Carbs: 24.8g| Fiber: 0.5g| Protein:  
0.1g

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## **CRANBERRY SAUCE**

**Prep Time: 10 mins. | Cook Time: 20 mins. | Canning Time: 5 mins. | Serves: 32**

36 oz. fresh cranberries  
3 C. powdered sugar  
2¼ C. water  
3 tsp. fresh lemon zest, grated  
½ tsp. vanilla extract

1. In a medium pan, place the cranberries, water, sugar and lemon zest and mix well.
2. Place the pan over medium heat and bring to a boil.
3. Reduce the heat to low and simmer for about 12-15 minutes, stirring frequently.
4. Remove the pan from the heat and stir in the vanilla extract.
5. In 2 (1-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned sauce can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories: 61 | Fat: 0g | Carbs: 14.2g | Fiber: 1.2g | Protein: 0g

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**APPLE SAUCE**

**Prep Time: 10 mins. | Cook Time: 20 mins. | Canning Time: 20 mins. | Serves: 64**

7½ lb. apples, cored and chopped  
1 C. water

1. In a heavy-bottomed pot, add apples and water over medium heat and cook for about 15-20 minutes or until apples begin to soften, stirring occasionally.
2. In a high-speed blender, add apples and pulse until pureed.
3. In 4 (1-pint) hot sterilized jars, divide the applesauce, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 20 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Canned applesauce can be stored in the refrigerator for up to 2-3 weeks.

Per Serving:

Calories: 14 | Fat: 0.1g | Carbs: 3.6g | Fiber: 0.6g | Protein: 0.1g

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## **PEAR SAUCE**

**Prep Time: 10 mins. | Cook Time: 30 mins. | Canning Time: 15 mins. | Serves: 80**

12 ripe pears, cored and quartered  
6 C. water

1 tsp. ground cinnamon

1. In a large stainless-steel pan, add pears, water and cinnamon over medium heat and cook for about 25-30 minutes, stirring occasionally.
2. In a high-speed blender, add apples and pulse until pureed.
3. In 5 (1-pint) hot sterilized jars, divide the pear sauce, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Canned pear sauce can be stored in the refrigerator for up to 2-3 weeks.

Per Serving:

Calories: 18| Fat: 0.1g| Carbs: 4.8g| Fiber: 1g| Protein: 0.1g

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## SYRUP RECIPES

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### SIMPLE SYRUP



**Prep Time: 10 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 48**

2 C. water  
2 C. granulated white sugar

1. In a medium saucepan, add water and sugar over medium-high heat and bring to a simmer.
2. Cook for about 4-5 minutes, stirring continuously.
3. In 3 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Arrange the jars in a boiling water canner and process for about 10 minutes.
7. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 31 | Fat: 0g | Carbs: 27.1g | Fiber: 7.1g | Protein: 1.5g

## **ROSE SYRUP**





**Prep Time: 10 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 72**

6 C. water  
6 C. white sugar  
3 C. rose petals, rinsed  
3 tbsp. fresh lemon juice

1. In a large saucepan, add water, sugar and rose petals over medium-high heat and bring to a simmer, stirring continuously.
2. Remove the saucepan of syrup from heat and set aside, covered for about 4-6 hours.
3. Through a fine sieve, strain the rose water and discard the rose petals.
4. Place the liquid back in the saucepan and stir in the lemon juice.
5. Place the saucepan over medium-high heat and bring to a simmer, stirring continuously.
6. In 9 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.

0. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
1. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
2. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 63| Fat: 0g| Carbs: 16.7g| Fiber: 0g| Protein: 0g

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## DANDELION SYRUP

**Prep Time: 10 mins.| Cook Time: 10 mins.| Canning Time: 10 mins.| Serves: 48**

- 2 C. water
- 1½ C. dandelion flowers, rinsed
- 1¾ C. white sugar
- ¼ C. honey

1. In a large saucepan, add water and dandelion flowers over medium-high heat and bring to a simmer, stirring continuously.
2. Remove the saucepan of syrup from heat and set aside, covered for about 4-6 hours.
3. Through a fine sieve, strain the water and discard the dandelion flowers.
4. Place the liquid back in the saucepan and stir in the sugar and honey
5. Place the saucepan over medium-high heat and bring to a simmer, stirring continuously.
6. In 3 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.

9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 33| Fat: 0g| Carbs: 8.9g| Fiber: 0.1g| Protein: 0.1g

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## MINT SYRUP

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

- 2 C. water
- 1 C. white sugar
- 1 C. fresh mint leaves

1. In a medium saucepan, add the water, sugar and mint over medium-high heat and bring to a boil, stirring frequently.
2. Reduce the heat to low and simmer for about 10 minutes.
3. Remove the saucepan of syrup from heat and set aside for about 10 minutes.
4. Through a fine sieve, strain the water and discard the mint leaves.
5. In 2 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.

9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 25| Fat: 0g| Carbs: 6.5g| Fiber: 0.2g| Protein: 0.1g

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## GINGER SYRUP

**Prep Time: 10 mins.| Cook Time: 30 mins.| Canning Time: 10 mins.| Serves: 32**

- 2 C. granulated white sugar
- 1½ C. water
- 2 C. fresh ginger root, sliced

1. In a medium saucepan, add water and sugar over medium heat and bring to a boil, stirring continuously.
2. Add in the ginger slices and again bring to a boil.
3. Reduce the heat to low and simmer, covered for about 15 minutes.
4. Remove the saucepan of syrup from heat and set aside, covered for about 1 hour.
5. Through a fine sieve, strain the water and discard the ginger slices.
6. Place the liquid back in the saucepan over medium-high heat and bring to a simmer, stirring continuously.
7. In 2 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.

1. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
2. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
3. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 51| Fat: 0.1g| Carbs: 13.2g| Fiber: 0.1g| Protein: 0.1g

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## WALNUT SYRUP

**Prep Time: 10 mins.| Cook Time: 25 mins.| Canning Time: 10 mins.| Serves: 64**

1½ C. corn syrup  
1 C. maple syrup  
½ C. water  
½ C. white sugar  
2 C. walnuts, chopped

1. In a large saucepan, add the corn syrup, maple syrup, water and sugar and stir to combine.
2. Place the saucepan over medium-high heat and bring to a boil, stirring frequently.
3. Reduce the heat to low and simmer for about 15 minutes, stirring frequently.
4. Stir in the walnuts and simmer for about 5 minutes.
5. In 4 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.

9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 63| Fat: 2.3g| Carbs: 10.8g| Fiber: 0.3g| Protein: 0.9g

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## PRALINE SYRUP

**Prep Time: 10 mins. | Cook Time: 11 mins. | Canning Time: 10 mins. | Serves: 80**

- 2 C. corn syrup
- ½ C. water
- 1/3 C. dark brown sugar
- 1 C. pecan pieces
- ½ tsp. vanilla extract

1. In a stainless steel saucepan, add corn syrup, sugar, and water over medium heat and bring to a boil, stirring frequently.
2. Boil for about 1 minute and immediately reduce the heat to medium-low.
3. Stir in the pecans and vanilla extract and simmer for about 5 minutes, stirring frequently.
4. In 5 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.

8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 35| Fat: 1.1g| Carbs:13.4g| Fiber: 0.3g| Protein: 0.3g

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## BLUEBERRY SYRUP



**Prep Time: 15 mins.| Cook Time: 7 mins.| Canning Time: 10 mins.| Serves: 64**

2 C. fresh blueberries  
1/3 C. water  
1 tbsp. fresh lemon juice  
½ C. white sugar  
1/8 tsp. salt  
1 tsp. vanilla extract

1. In a non-reactive saucepan, add blueberries, water, lemon juice, sugar and salt over medium-high heat and bring to a boil, stirring frequently.
2. Cook for about 2 minutes, stirring continuously.
3. Remove the pan of syrup from heat and with an immersion blender, blend the mixture until smooth.

4. Stir in the vanilla extract.
5. In 4 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 9| Fat: 0g| Carbs: 2.2g| Fiber: 0.1g| Protein: 0g

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## **CRANBERRY SYRUP**

**Prep Time: 10 mins.| Cook Time: 15 mins.| Canning Time: 10 mins.| Serves: 80**

- 4 C. fresh cranberries
- 4 C. water
- 4 C. granulated white sugar

1. In a medium saucepan, add cranberries, water and sugar over medium-high heat and bring to a boil, stirring frequently.
2. Reduce the heat to low and simmer for about 10 minutes, stirring occasionally.
3. Through a fine mesh strainer, strain the mixture into a bowl, pressing with a wooden spoon.
4. In 5 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.



5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 39| Fat: 0g| Carbs: 10.1g| Fiber: 0.2g| Protein: 9g

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## CHERRY SYRUP

**Prep Time: 15 mins.| Cook Time: 5 mins.| Canning Time: 10 mins.| Serves: 64**

- 1 lb. fresh cherries, pitted
- 1 C. white sugar
- Pinch of salt
- ½ C. water
- 2 tsp. lemon rind slices

1. In a medium saucepan, add the cherries, sugar and salt and toss to coat well.
2. Set aside for about 20 minutes.
3. In the pan, add water and lemon rind and stir to combine.
4. Place the saucepan over medium heat and bring to a boil, stirring frequently.
5. Remove the saucepan of syrup from heat and discard the lemon rind slices.
6. With an immersion blender, blend the mixture until smooth.

7. In 4 (½-pint) hot sterilized jars, divide the syrup, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned syrup can be preserved in the refrigerator for up to 4-6 months.

Per Serving:

Calories: 20| Fat: 0g| Carbs: 5.1g| Fiber: 0g| Protein: 0g

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## EXTRA RECIPES

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### CHERRY TOMATOES



**Prep Time: 10 mins. | Canning Time: 40 mins. | Serves: 32**

4 tbsp. bottled lemon juice

4 lb. fresh cherry tomatoes, pitted  
2 tsp. canning salt  
Boiling water, as required

1. In the bottom of 4 (1-pint) hot sterilized jars, divide the lemon juice.
2. Now pack each jar with cherry tomatoes and sprinkle with salt.
3. Cover the tomatoes with boiling water, leaving ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 40 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. These canned tomatoes can be preserved in refrigerator for up 18 months.

Per Serving:

Calories: 66| Fat: 0.1g| Carbs: 15.6g| Fiber: 0.4g| Protein:  
0.2g

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## WHOLE TOMATOES

**Prep Time: 15 mins.| Cook Time: 1 min.| Canning  
Time: 45 mins.| Serves: 48**

15 lb. ripe whole Roma tomatoes  
¾ C. bottled lemon juice

1. With a sharp knife, cut a small "X" in the bottom of each tomato.

2. In a large stainless-steel saucepan of water, add the tomatoes and cook for about 1 minute.
3. With a slotted spoon, transfer the tomatoes into a large bowl of ice water.
4. With a sharp paring knife, remove the skin of tomatoes.
5. In the bottom of 6 (1-quart) hot sterilized jars, divide the lemon juice.
6. Now pack each jar with tomatoes.
7. Cover the tomatoes with boiling water, leaving ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 45 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. These canned tomatoes can be preserved in refrigerator for up 18 months.

Per Serving:

Calories: 26| Fat: 0.3g| Carbs: 5.6g| Fiber: 1.7g| Protein: 1.3g

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## DICED TOMATOES

**Prep Time: 15 mins.| Cook Time: 10 mins.| Canning Time: 35 mins.| Serves: 36**

15 lb. tomatoes

9 tbsp. bottled lemon juice

1. With a sharp knife, cut a small "X" in the bottom of each tomato.

2. In a large stainless-steel saucepan of water, add the tomatoes and cook for about 1 minute.
3. With a slotted spoon, transfer the tomatoes into a large bowl of ice water.
4. With a sharp paring knife, remove the skin of tomatoes.
5. Then chop the tomatoes roughly.
6. In a heavy-bottomed saucepan, add chopped tomatoes with any juice over medium-high heat and bring it to a boil.
7. Cook for 5 minutes.
8. In the bottom of 9 (1-pint) hot sterilized jars, divide the lemon juice.
9. Now pack each jar with tomatoes, leaving ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Arrange the jars in a boiling water canner and process for about 35 minutes.
14. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. These canned tomatoes can be preserved in refrigerator for up 18 months.

Per Serving:

Calories: 35| Fat: 0.4g| Carbs: 7.4g| Fiber: 2.3g| Protein: 1.7g

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## **TOMATO JUICE**



**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 10 mins. | Serves: 20**

15 lb. tomatoes, finely chopped  
1 bell pepper, seeded and finely chopped  
1 large onion, finely chopped  
4 tbsp. brown sugar  
1 tbsp. pickling salt  
1 tbsp. celery salt  
1 tsp. paprika

1. In a stainless-steel saucepan, add chopped tomatoes, bell peppers and onion and bring to a boil.
2. Through a food mill, press the mixture.
3. Return the liquid into the same saucepan with the remaining ingredients and again bring to a boil.
4. Cook for about 5 minutes.
5. In the bottom of 10 (1-pint) hot sterilized jars, divide the juice, leaving  $\frac{1}{2}$ -inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.

- .0. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- .1. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .2. This canned tomato juice can be preserved in refrigerator for up 4-6 months.

Per Serving:

Calories: 73| Fat: 0.7g| Carbs: 16.2g| Fiber: 4.4g| Protein: 3.2g

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## TOMATO SOUP

**Prep Time: 15 mins.| Cook Time: 2 hrs.| Canning Time: 40 mins.| Serves: 8**

- 7 lb. tomatoes, quartered
- 1 C. yellow onion, chopped
- ½ C. water
- 3 tbsp. tomato paste
- 3 tbsp. brown sugar
- 2 bay leaves
- 1 tbsp. dried oregano
- 2 tsp. dried basil
- 2 tsp. granulated garlic
- 1 tsp. celery seeds
- 1½ tsp. salt
- ½ tsp. ground black pepper
- 4 tbsp. fresh lemon juice

1. In a non-reactive saucepan, add chopped tomatoes, onion and water over medium-low heat and cook for about 30-55 minutes or until tomatoes are soft, stirring occasionally.
2. Remove the saucepan of tomatoes from heat and let them cool slightly.

3. Transfer the warm tomatoes into a food processor and pulse until smooth.
4. Through a fine-mesh sieve, strain the tomato mixture and discard any seeds and skins.
5. Return the tomato puree into a large, wide soup pan with remaining ingredients except for lemon juice over medium heat and bring to a gentle boil.
6. Now set the heat to low and cook for about 1 hour, stirring occasionally.
7. In the bottom of 4 (1-pint) hot sterilized jars, divide the lemon juice.
8. Now pack each jar with tomato soup, leaving ½-inch space from the top.
9. Slide a small knife around the insides of each jar to remove air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Arrange the jars in a boiling water canner and process for about 40 minutes.
13. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. This canned tomato soup can be preserved in refrigerator for up 18 months.

Per Serving:

Calories: 102| Fat: 1g| Carbs: 22.5g| Fiber: 5.7g| Protein:  
4.2g

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## **TOMATO PASTE**

**Prep Time: 10 mins.| Cook Time: 3 hrs. 35 mins.|  
Canning Time: 35 mins.| Serves: 64**

14 lb. tomatoes, quartered  
1 tsp. citric acid



1 garlic clove, chopped  
2 bay leaves  
1 tsp. canning salt

- .1. In a large saucepan, add the tomatoes over medium-high heat and bring to a boil, crushing with the back of a large wooden spoon occasionally.
- .2. Reduce the heat to low and simmer for about 1 hour, stirring occasionally.
- .3. Through a fine mesh sieve, strain the tomato mixture.
- .4. Return the tomatoes back to the saucepan.
- .5. Add the citric acid and stir until well combined.
- .6. Add garlic, bay leaves and salt and stir to combine.
- .7. Place the saucepan over medium heat and simmer for about 2½ hours, stirring occasionally.
- .8. In 8 (½-pint) hot sterilized jars, divide the tomato paste, leaving about ½-inch space from the top.
- .9. Slide a small knife around the insides of each jar to remove air bubbles.
- !0. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- !1. Close each jar with a lid and screw on the ring.
- !2. Arrange the jars in a boiling water canner and process for about 40 minutes.
- !3. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
- !4. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- !5. This canned tomato paste can be preserved in refrigerator for up 12-16 months.

Per Serving:

Calories: 18| Fat: 0.2g| Carbs: 3.9g| Fiber: 1.2g| Protein: 0.9g

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**KETCHUP**



**Prep Time: 15 mins. | Cook Time: 1 hr. 5 mins. |  
Canning Time: 35 mins. | Serves: 32**

4 lb. tomatoes, seeded and quartered  
1 sweet pepper, seeded and quartered  
½ small onion, cut into chunks  
½ tsp. whole allspice berries  
½ tsp. whole cloves  
1 cinnamon stick, broken  
Pinch of red pepper flakes  
1½ C. cider vinegar  
1 C. brown sugar  
2 tsp. dry mustard  
2 tsp. salt

1. Place the quartered tomatoes, bell peppers and onions in a food processor in 2 batches and pulse until very finely chopped.
2. In a cheesecloth, tie the allspice berries, cloves, cinnamon stick and red pepper flakes.
3. In a non-reactive saucepan, add tomato mixture, spice bag, vinegar, sugar, mustard and salt over medium heat and bring to a boil.
4. Now set the heat to low and cook, uncovered for about 1 hour, stirring occasionally.

5. Remove the saucepan of ketchup from heat and discard the spice bag.
6. In 4 (1-pint) hot sterilized jars, divide the ketchup, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 35 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Canned ketchup can be stored in the pantry for up to 1 year.

Per Serving:

Calories: 32 | Fat: 0.2g | Carbs: 7.2g | Fiber: 0.8g | Protein: 0.6g

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## APPLE SLICES

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 20 mins. | Serves: 32**

- 1 tsp. citric acid
- 5 lb. apples, peeled, cored and cut into slices
- 2 C. water
- 1 tsp. ground cinnamon

1. In a non-reactive saucepan, place the acid.
2. Add apple slices and water and mix well.
3. Place the pan over medium-high heat and bring to a boil.
4. Boil for about 5 minutes.
5. In the bottom of 4 (1-pint) hot sterilized jars, divide the apple slices.

6. Now pack each jar with cooking liquid, leaving about ½-inch space from the top.
7. Add in the cinnamon in each jar.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 20 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. These canned apple slices can be preserved in refrigerator for up to 1 month.

Per Serving:

Calories: 18| Fat: 0.1g| Carbs: 4.9g| Fiber: 0.9g| Protein: 0.1g

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## PEACH BUTTER

**Prep Time: 15 mins. | Cook Time: 1 hr. 50 mins. |**

**Canning Time: 10 mins. | Serves: 40**

5 lb. ripe peaches, pitted and roughly chopped

1 C. water

1½ C. white sugar

6 tbsp. fresh lemon juice

1. In a large saucepan, add peach pieces and water over medium heat and cook for about 15 minutes, stirring occasionally.
2. Arrange a food mill over a heatproof bowl.
3. Through the mill, pass the peach mixture to remove any skins.
4. Return the pureed peach mixture into the same saucepan with sugar and lemon juice.

5. Place the saucepan over medium-high heat and bring to a boil.
6. Reduce the heat to low and cook for about 1¼-1½ hours, stirring frequently.
7. In 5 (½-pint) hot sterilized jars, divide the peach butter, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. Canned peach butter can be stored in the refrigerator for up to 4 months.

Per Serving:

Calories: 36| Fat: 0.1g| Carbs: 9.3g| Fiber: 0.3g| Protein: 0.2g

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## APPLE BUTTER



**Prep Time: 10 mins. | Cook Time: 14 hrs. | Canning Time: 10 mins. | Serves: 24**

3 lb. Fuji apples, cored and chopped  
¼ C. water

1 tsp. ground cinnamon  
½ tsp. ground ginger  
¼ tsp. ground cloves

1. In a slow cooker, place apples, water and spices and stir to combine.
2. Set the slow cooker on Low and cook, covered for about 6 hours.
3. Uncover the slow cooker and with an immersion blender, mash the apples until pureed.
4. With the lid, cover the pot loosely.
5. Set the slow cooker on Low and cook, covered for about 6-8 hours.
6. In 3 (½-pint) hot sterilized jars, divide the apple butter, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Canned apple butter can be stored in the refrigerator for up to 4 months.

Per Serving:

Calories: 15| Fat: 0.1g| Carbs: 4g| Fiber: 0.8g| Protein: 0.1g

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## **STRAWBERRY CONCENTRATE**

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 15 mins. | Serves: 56**

3 C. fresh strawberries, hulled

1½-2 C. Erythritol  
2 C. fresh lemon juice

1. In a high-powered blender, place hulled strawberries and pulse until smooth.
2. In a heavy-bottomed stainless-steel saucepan, add pureed strawberries, Erythritol and lemon juice over medium-high heat and cook for about 3-5 minutes, stirring continuously.
3. Remove the pan of the strawberry mixture from heat and immediately skim off foam from the top.
4. In 7 (½-pint) hot sterilized jars, divide the strawberry mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned concentrate can be stored in the refrigerator for up to 3 weeks.

Per Serving:

Calories: 5 | Fat: 0.1g | Carbs: 0.8g | Fiber: 0.2g | Protein: 0.1g

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## LIME CONCENTRATE

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 32**

1½ C. granulated white sugar  
1½ C. water  
1 C. fresh lime juice, strained

1. In a heavy-bottomed stainless-steel saucepan, add all ingredients over medium-high heat and cook for about 3-5 minutes, stirring continuously.
2. In 4 (½-pint) hot sterilized jars, divide the strawberry mixture, leaving about ½-inch space from the top.
3. Slide a small knife around the insides of each jar to remove air bubbles.
4. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
5. Close each jar with a lid and screw on the ring.
6. Arrange the jars in a boiling water canner and process for about 15 minutes.
7. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. The canned concentrate can be stored in the refrigerator for up to 3 weeks.

Per Serving:

Calories: 36| Fat: 0g| Carbs: 9.5g| Fiber: 0g| Protein: 0g

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## **MANGO PEACH CONCENTRATE**

**Prep Time: 15 mins.| Cook Time: 5 mins.| Canning Time: 10 mins.| Serves: 48**

- 1½ C. fresh peaches, pitted
- 1½ C. mangoes, peeled, pitted and chopped
- 3 C. white sugar
- 2 C. fresh lemon juice

1. In a food processor, add peaches and mangoes and pulse until pureed.
2. Transfer the fruit puree into a stainless steel saucepan with sugar and lemon juice and stir to combine.



3. Place the saucepan over medium-high heat and cook for about 3-5 minutes, stirring continuously.
4. In 6 (½-pint) hot sterilized jars, divide the strawberry mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned concentrate can be stored in the refrigerator for up to 3 weeks.

Per Serving:

Calories: 54 | Fat: 0.1g | Carbs: 13.9g | Fiber: 0.2g | Protein: 0.2g

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## APPLE JUICE

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 12**

12 lb. apples, cored and chopped  
4 C. water

1. In a large saucepan, add the apples and water over medium-high heat and bring the pot to a boil.
2. Reduce the heat to low and simmer for about 10-15 minutes, stirring occasionally.
3. Arrange double layers of cheesecloth over a large bowl.
4. Through cheesecloth, strain the apple mixture into the bowl.
5. Let the apple juice drip for at least 2 hours.

6. In a clean large saucepan, add the strained apple juice over medium-high heat and cook for about 5 minutes, stirring frequently.
7. In the bottom of 6 (1-pint) hot sterilized jars, divide the juice, leaving ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. This canned apple juice can be preserved in refrigerator for up 4-6 months.

Per Serving:

Calories: 116| Fat: 0.4g| Carbs: 30.8g| Fiber: 5.4g| Protein: 0.6g

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## CRANBERRY JUICE

**Prep Time: 20 mins.| Cook Time: 35 mins.| Canning Time: 10 mins.| Serves: 14**

3 lb. fresh cranberries  
28 C. water, divided  
1½-1¾ C. white sugar

1. In a large saucepan, add cranberries and 16 C. of water over high heat and bring the pot to a boil.
2. Reduce the heat to medium and simmer for about 5-10 minutes.
3. Arrange double layers of cheesecloth over a large bowl.

4. Through cheesecloth, strain the cranberry mixture into the bowl.
5. Let the juice drip for at least 30-40 minutes.
6. In a clean large saucepan, add the strained cranberry juice, cranberry pulp and 8 C. of water over medium-high heat and cook for about 5-10 minutes, stirring frequently.
7. Through cheesecloth, strain the cranberry mixture into the bowl.
8. Let the juice drip for at least 15-20 minutes.
9. In the same saucepan, add the strained cranberry juice, cranberry pulp and remaining 4 C. of water over medium-high heat and cook for about 5 minutes, stirring frequently.
10. Through cheesecloth, again strain the cranberry mixture into the bowl.
11. Let the juice drip for at least 15-20 minutes.
12. Discard the cranberry pulp.
13. In a clean large saucepan, add the strained cranberry juice over medium heat and cook for about 5 minutes, stirring frequently.
14. Add in the sugar and cook for about 3-5 minutes, stirring continuously.
15. In the bottom of 7 (1-pint) hot sterilized jars, divide the juice, leaving ½-inch space from the top.
16. Slide a small knife around the insides of each jar to remove air bubbles.
17. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
18. Close each jar with a lid and screw on the ring.
19. Arrange the jars in a boiling water canner and process for about 10 minutes.
20. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
21. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.

2. This canned cranberry juice can be preserved in refrigerator for up 4-6 months.

Per Serving:

Calories: 133| Fat: 0g| Carbs: 30.3g| Fiber: 3.5g| Protein: 0g

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# PRESSURE CANNING RECIPES

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# FRUIT & VEGETABLE RECIPES

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## PEARS



**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 20 mins. | Serves: 72**

6 C. water  
1 C. white sugar  
18 lb. pears, peeled, cored and quartered  
1/3 C. bottled lemon juice

1. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.
2. Add the pears and cook for about 5 minutes.
3. In the bottom of 7 (1-quart) hot sterilized jars, divide the pears.
4. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.

6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 20 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 76| Fat: 0.2g| Carbs: 20.1g| Fiber: 3.5g| Protein: 0.4g

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## PEACH



**Prep Time: 15 mins. | Cook Time: 6 mins. | Canning Time: 20 mins. | Serves: 20**

10 peaches  
2 C. water  
 $\frac{3}{4}$  C. white sugar

1. With a sharp knife, make an "X" on the bottom on the bottom to score the peach.
2. In a saucepan of boiling water, place the peaches and cook for about 2 minutes.

3. Remove the saucepan of peaches from heat and transfer the peaches into an ice bath.
4. Drain the peaches and cut each in half.
5. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.
6. In the bottom of 3 (1-quart) hot sterilized jars, divide the peaches.
7. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
8. Run a knife around the insides of each jar to remove any air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 20 minutes.
12. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 58 | Fat: 0.2g | Carbs: 14.5g | Fiber: 1.2g | Protein: 0.7g

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## **PINEAPPLE**

**Prep Time: 15 mins. | Cook Time: 11 mins. | Canning Time: 20 mins. | Serves: 48**

5 C. water

1 C. white sugar

12 lb. pineapple, peeled, cored and cut into chunks



1. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.
2. Add the pineapple chunks and stir to combine.
3. Now adjust the heat to medium-low and cook for about 5-6 minutes.
4. In the bottom of 4 (1-quart) hot sterilized jars, divide the pineapple chunks.
5. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 20 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 72| Fat: 0.1g| Carbs: 19.1g| Fiber: 1.6g| Protein: 0.6g

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## **BLUEBERRIES**

**Prep Time: 10 mins.| Cook Time: 5 mins.| Canning Time: 20 mins.| Serves: 24**

- 4 C. water
- 2 C. honey
- 3 lb. fresh blueberries

1. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.
2. In the bottom of 8 (½-pint) hot sterilized jars, divide the blueberries.
3. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
4. Run a knife around the insides of each jar to remove any air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 20 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 118| Fat: 0.2g| Carbs: 31.5g| Fiber: 1.4g| Protein: 0.5g

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## CHERRIES

**Prep Time: 10 mins.| Cook Time: 5 mins.| Canning Time: 25 mins.| Serves: 16**

2 lb. fresh cherries, stems removed  
4 C. water  
¾ C. white sugar

1. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.

2. In the bottom of 8 (1/2-pint) hot sterilized jars, divide the cherries.
3. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
4. Run a knife around the insides of each jar to remove any air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 25 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 100 | Fat: 0g | Carbs: 25.3g | Fiber: 0.3g | Protein: 0.2g

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## TOMATOES

**Prep Time: 15 mins. | Cook Time: 1 min. | Canning Time: 10 mins. | Serves: 16**

2 1/2-3 1/2 lb. tomatoes  
2 tbsp. bottled lemon juice  
1 tsp. salt

1. In a large saucepot of boiling water, blanch the tomatoes for about 30-60 seconds.
2. With a slotted spoon, transfer the tomatoes into a large bowl of ice water.
3. With a sharp paring knife, remove the skin of tomatoes.
4. In the bottom of 2 (1-pint) hot sterilized jars, divide the lemon juice.

5. Now pack each jar with tomatoes and sprinkle with salt.
6. Cover the tomatoes with boiling water, leaving ½-inch space from the top.
7. Run a knife around the insides of each jar to remove any air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 10 minutes.
11. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 18 | Fat: 0.2g | Carbs: 3.9g | Fiber: 1.2g | Protein: 0.9g

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## MUSHROOMS

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 45 mins. | Serves: 36**

14½ lb. fresh mushrooms, sliced  
9 tsp. salt

1. In a saucepan of water, add the mushrooms and bring to a boil.
2. Cook for about 5 minutes.
3. Drain the green peas, reserving the hot cooking liquid.
4. In the bottom of 9 (1-pint) hot sterilized jars, divide the green peas.
5. Now pack each jar with hot boiling water, leaving 1-inch space from the top.

6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 45 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 39| Fat: 0.5g| Carbs: 6g| Fiber: 1.8g| Protein: 5.7g

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## BEETS



**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 30 mins. | Serves: 36**

13 lb. beets, trimmed

1. In a saucepan of boiling water, cook the beets for about 20-25 minutes.
2. Drain the beets, reserving the hot cooking liquid.
3. Set the beets aside to cool.
4. Remove the skin of beets and then cut into slices.

5. In the bottom of 9 (1-pint) hot sterilized jars, divide the beet slices.
6. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
7. Run a knife around the insides of each jar to remove any air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 30 minutes.
11. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 72| Fat: 0.3g| Carbs: 16.3g| Fiber: 3.3g| Protein: 2.8g

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## GREEN BEANS



**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 20 mins. | Serves: 8**

2 lb. green beans, trimmed and cut into 2-inch pieces  
1 tsp. salt

1. In a large saucepan of boiling water, cook the green beans for about 5 minutes.
2. Drain the green beans, reserving the hot cooking liquid.
3. In the bottom of 4 (1-pint) hot sterilized jars, divide the green beans.
4. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
5. In each jar, place  $\frac{1}{4}$  tsp. of salt.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 35 | Fat: 0.1g | Carbs: 8.1g | Fiber: 3.9g | Protein: 2.1g

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## **GREEN PEAS**

**Prep Time: 15 mins. | Cook Time: 3 mins. | Canning Time: 40 mins. | Serves: 32**

9 lb. fresh green peas, shelled

1. In a saucepan of boiling water, cook the green peas for about 2-3 minutes.
2. Drain the green peas, reserving the hot cooking liquid.
3. In the bottom of 2 (1-quart) hot sterilized jars, divide the green peas.

4. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 40 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 103| Fat: 0.5g| Carbs: 18.4g| Fiber: 6.5g| Protein: 5.9g

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## ASPARAGUS

**Prep Time: 10 mins.| Cook Time: 3 mins.| Canning Time: 30 mins.| Serves: 12**

3 lb. asparagus, trimmed and cut into 1-inch pieces

1. In a large saucepan of boiling water, cook the asparagus for about 2-3 minutes.
2. Drain the asparagus.
3. In the bottom of 4 (1-pint) hot sterilized jars, divide the asparagus pieces.
4. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.



7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 30 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 23| Fat: 0.1g| Carbs: 4.4g| Fiber: 2.4g| Protein: 2.5g

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## POTATOES

**Prep Time: 15 mins.| Cook Time: 15 mins.| Canning Time: 35 mins.| Serves: 28**

7 lb. large white potatoes, peeled and cubed  
3 tsp. salt

1. In a large saucepan of water, add the potatoes over medium-high heat and bring to a boil.
2. Cook for about 10 minutes.
3. Drain the potatoes well.
4. In the bottom of 6 (1-pint) hot sterilized jars, divide the potato pieces.
5. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 35 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.

1. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
2. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 78 | Fat: 0.1g | Carbs: 17.8g | Fiber: 2.7g | Protein: 1.9g

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## WINTER SQUASH

**Prep Time: 10 mins. | Cook Time: 2 mins. | Canning Time: 55 mins. | Serves: 16**

4 lb. winter squash, peeled, seeded and cubed

1. In a large saucepan of boiling water, cook the squash cubes for about 2 minutes.
2. Drain the squash cubes.
3. In the bottom of 4 (1-pint) hot sterilized jars, divide the squash cubes.
4. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 55 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 45 | Fat: 0.1g | Carbs: 11.8g | Fiber: 1.7g | Protein: 0.9g

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## CARROTS

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 30 mins. | Serves: 32**

8 lb. carrots, peeled and chopped  
3½ tsp. sea salt

1. In a large saucepan of boiling water, cook the carrots for about 5 minutes.
2. Drain the carrots.
3. In the bottom of 7 (1-pint) hot sterilized jars, divide the carrot pieces.
4. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 30 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 46 | Fat: 0g | Carbs: 11.2g | Fiber: 2.8g | Protein: 0.9g

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## FRESH CORN

**Prep Time: 15 mins. | Canning Time: 55 mins. | Serves: 12**

12 ears corn  
1½ tsp. salt

1. Husk corn and remove silk.
2. Wash corn cobs and cut corn from cob.
3. In 3 (1-pint) hot sterilized jars, divide the corn and salt.
4. Fill each jar with hot water, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 55 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 132| Fat: 1.9g| Carbs: 29g| Fiber: 4.2g| Protein: 5g

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## POULTRY, MEAT & SEAFOOD RECIPES

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### SWEET & SOUR CHICKEN

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 1¼ hrs. | Serves: 20**

3 (20-oz.) cans pineapple chunks  
1¼ C. white vinegar  
½ C. water

1/3 C. soy sauce  
1/4 C. ketchup  
3/4 C. brown sugar  
1 tsp. ginger powder  
4 1/2 lb. boneless, skinless chicken breasts, cut in 1-inch bite-sized pieces  
3 large bell peppers (red and green), seeded and chopped  
2 medium onions, chopped

1. Drain the cans of pineapple, reserving the juice into a bowl.
2. In a non-reactive saucepan, add 2 1/2 C. of reserved pineapple juice, vinegar, water, soy sauce, ketchup, brown sugar and ginger powder over medium-high heat and bring to a boil., stirring continuously.
3. In 10 (1-pint) hot sterilized jars, divide the chicken pieces, onions, bell peppers and pineapple.
4. Now pack each jar with hot cooking liquid, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 11 lb. pressure for about 75 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 276| Fat: 7.7g| Carbs: 20.2g| Fiber: 1.7g| Protein: 30.6g

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## CHICKEN CACCIATORE

**Prep Time: 15 mins. | Cook Time: 35 mins. | Canning Time: 1¼ hrs. | Serves: 10**

2-3 tbsp. olive oil  
9 (5-oz.) boneless, skinless chicken thighs, cut in half lengthwise  
8 C. tomato sauce  
¾ lb. fresh mushrooms, sliced  
1 medium onion, sliced  
3 garlic cloves, minced  
2 tbsp. dried oregano  
2 tbsp. dried basil  
2 C. hot chicken broth

1. In a cast-iron wok, heat olive oil over medium-high heat and sear the chicken pieces in 4 batches for about 3-5 minutes.
2. Transfer each cooked chicken batch in a colander to drain excess grease.
3. In a stainless-steel saucepan, add the tomato sauce, mushroom, onions, garlic and herbs over medium heat and cook for about 15 minutes, stirring occasionally.
4. In 5 (1-pint) hot sterilized jars, divide the chicken pieces and tomato sauce mixture.
5. Now pack each jar with hot broth, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.

9. Carefully place the jars in the pressure canner and process at 11 lb. pressure for about 75 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 337| Fat: 13.1g| Carbs: 13.8g| Fiber: 3.9g| Protein: 41.8g

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## CHICKEN MARSALA

**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 1¼ hrs. | Serves: 20**

6 lb. boneless, skinless chicken breasts, cut into bite-sized pieces

Salt and ground black pepper, as required

2-3 tbsp. olive oil

1 medium onion chopped

1 tsp. garlic, chopped

1 tsp. dried oregano

2 C. dry Marsala wine

8 C. chicken broth

5 C. mushrooms, sliced

1. Rub the chicken pieces with salt and black pepper generously.
2. In a cast-iron wok, heat olive oil over medium-high heat and sear the chicken pieces in 4 batches for about 3-5 minutes.
3. Transfer each cooked chicken batch in a colander to drain excess grease.

4. In the same wok, add the onion and sauté for about 3-4 minutes.
5. Add in the garlic and oregano and sauté for about 1 minute.
6. Stir in the wine and boil for about 1 minute.
7. Stir in the broth and bring to a boil.
8. Now set the heat to low and cook for about 3-5 minutes.
9. In 10 (1-pint) hot sterilized jars, divide the chicken pieces and mushrooms.
10. Now pack each jar with hot cooking mixture, leaving 1-inch space from the top.
11. Run a knife around the insides of each jar to remove any air bubbles.
12. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
13. Close each jar with a lid and screw on the ring.
14. Carefully place the jars in the pressure canner and process at 11 lb. pressure for about 75 minutes.
15. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
16. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
17. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 259| Fat: 6.1g| Carbs: 2.2g| Fiber: 0.3g| Protein: 42g

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## **GROUND TURKEY**

**Prep Time: 10 mins.| Cook Time: 10 mins.| Canning Time: 1¼ hrs.| Serves: 16**

4 lb. ground turkey  
4 tsp. salt



1. In a large saucepan of water, add ground turkey and bring to a boil.
2. Now set the heat to low and cook for about 5 minutes.
3. Drain the meat completely.
4. In 4 (1-pint) hot sterilized jars, divide the ground turkey and salt.
5. Now pack each jar with hot water, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 11 lb. pressure for about 75 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 221| Fat: 12.5g| Carbs: 0g| Fiber: 0g| Protein: 31g

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## **TURKEY CHILI**

**Prep Time: 20 mins.| Cook Time: 55 mins.| Canning Time: 1¼ hrs.| Serves: 22**

1½ lb. dried kidney beans, soaked overnight, drained and rinsed

2 tbsp. canola oil

1½ lb. lean ground turkey

2 medium yellow onions, chopped

3 garlic cloves, minced

½ tbsp. white sugar

1½ tbsp. beef bouillon granules  
3 tbsp. red chili powder  
1 tbsp. ground cumin  
½ tbsp. onion powder  
¾ tsp. garlic powder  
Salt, as required  
½ tsp. ground black pepper  
3 (14½-oz.) cans diced tomatoes  
3 (14½-oz.) cans tomato sauce  
1½ C. water

1. In a saucepan of water, add the beans and bring to a full rolling boil.
2. Now adjust the heat to medium and simmer for about 30 minutes.
3. Drain the beans and set aside.
4. In a heavy-bottomed saucepan, heat the canola oil over medium-high heat and cook the ground turkey for about 4-6 minutes.
5. Add the onions and garlic and cook for about 6-8 minutes.
6. Drain the grease from pan.
7. Add in the sugar, beef bouillon granules, spices, salt and black pepper and cook for about 1 minute.
8. Stir in the cooked beans, tomatoes, sauce and water and bring it to a boil.
9. Now set the heat to low and cook for about 5 minutes.
10. In 11 (1-pint) hot sterilized jars, divide the ground turkey and salt.
11. Now pack each jar with hot water, leaving 1-inch space from the top.
12. Run a knife around the insides of each jar to remove any air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.

- .5. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
- .6. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
- .7. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .8. Store these canning jars in a cool, dark place for 2-4 years.

**Preparation time:** 20 minutes

**Cooking time:** 55 minutes

**Canning time:** 1¼ hours

**Total time:** 2½ hours

**Servings:** 22

Per Serving:

Calories: 172| Fat: 4.2g| Carbs: 12.1g| Fiber: 6.8g| Protein: 14.5g

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## **BEEF IN WINE SAUCE**

**Prep Time: 15 mins. | Cook Time: 1 hr. 10. | Canning Time: 1¼ hrs. | Serves: 6**

- 1 tbsp. vegetable oil
- 2 lb. beef stew meat, cut into 1-inch cubes
- 1 C. carrot, peeled and shredded
- ¾ C. onion, sliced
- 1 large apple, peeled, cored and shredded
- 2 garlic cloves, minced
- ¾ C. water
- ½ C. red wine
- 2 beef bouillon cubes
- 2 bay leaves
- 1 tsp. salt

1. In a cast-iron wok, heat vegetable oil over medium-high heat and sear beef cubes in 2 batches for about 4-5

minutes.

2. Add in the remaining ingredients and stir to combine well.
3. Now adjust the heat to high and bring to a full rolling boil.
4. Now set the heat to low and cook, covered for about 1 hour, stirring occasionally.
5. Remove the wok of meat mixture from heat and discard the bay leaves.
6. In 3 (1-pint) hot sterilized jars, divide the beef mixture, leaving about 1-inch space from the top.
7. Run a knife around the insides of each jar to remove any air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
11. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 354| Fat: 11.9g| Carbs: 9.4g| Fiber: 1.7g| Protein: 46.5g

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## **GROUND BEEF IN TOMATO SAUCE**

**Prep Time: 20 mins.| Cook Time: 50 mins.| Canning Time: 1 hr.| Serves: 18**

30 lb. tomatoes  
2 lb. ground beef  
1 C. onions, chopped  
1 C. celery, chopped  
1 lb. fresh mushrooms, sliced

5 garlic cloves, minced  
2 tbsp. oregano, minced  
2 tbsp. parsley, minced  
¼ C. brown sugar  
1½ tbsp. salt  
2 tsp. ground black pepper

1. In the saucepan of boiling water, cook the tomatoes for about 30-60 seconds.
2. Remove from heat and transfer the tomatoes into the bowl of cold water.
3. Carefully remove the skins and cores.
4. Then, chop the tomatoes roughly.
5. In a saucepan of water, boil tomatoes for about 20 minutes.
6. Through a food mill, pass the tomatoes.
7. Heat a cast-iron wok and cook the beef for about 8-10 minutes.
8. Add onion, celery, mushrooms and garlic and cook for about 4-5 minutes.
9. Transfer the vegetable mixture into the pan with tomato pulp.
10. Add herbs, sugar, salt and black pepper and bring to a boil.
11. Now set the heat to low and cook, uncovered for about 5-10 minutes, stirring frequently.
12. In 9 (1-pint) hot sterilized jars, divide the beef mixture, leaving about 1-inch space from the top.
13. Run a knife around the insides of each jar to remove any air bubbles.
14. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
15. Close each jar with a lid and screw on the ring.
16. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 60 minutes.

- .7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
- .8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .9. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 250| Fat: 4.8g| Carbs: 33.8g| Fiber: 9.9g| Protein: 23g

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## **BEEF MEATBALLS**

**Prep Time: 20 mins.| Cook Time: 15 mins.| Canning Time: 1¼ hrs.| Serves: 16**

- 6 lb. ground beef
- 6 C. soft breadcrumbs
- 6 large eggs
- 1½ C. water
- 1 C. onion, chopped finely
- 1 tbsp. salt
- ¼ tsp. ground black pepper
- 8 C. hot chicken broth

1. In a glass bowl, add all ingredients except for broth and mix until just combined.
2. Set aside for about 15-30 minutes.
3. Preheat your oven to 425 °F.
4. Lightly grease 2 shallow baking dishes.
5. Make 1-inch balls from the mixture.
6. Arrange the meatballs onto the prepared baking dishes in a single layer.
7. Bake for approximately 15 minutes.
8. In 8 (1-pint) hot sterilized jars, divide the meatballs.
9. Now pack each jar with hot broth, leaving 1-inch space from the top.

- .0. Run a knife around the insides of each jar to remove any air bubbles.
- .1. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
- .2. Close each jar with a lid and screw on the ring.
- .3. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
- .4. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
- .5. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .6. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 525| Fat: 15.3g| Carbs: 30.4g| Fiber: 2g| Protein: 61.9g

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## MEATLOAF

**Prep Time: 15 mins.| Canning Time: 1¼ hrs.| Serves: 16**

¼ of French bread loaf  
5 lb. ground beef  
1 onion, chopped  
4 large eggs  
1½ C. ketchup  
2 tbsp. Worcestershire sauce  
¾ C. brown sugar  
2 tbsp. salt  
1 tbsp. powdered smoke  
1 tbsp. sage  
1 tbsp. garlic powder  
½ tbsp. onion salt  
½ tbsp. ground black pepper

1. Add bread loaf into a food processor and process until crumbed.
2. In a large glass bowl, add breadcrumbs and remaining ingredient and mix until well combined.
3. In 8 (1-pint) hot sterilized jars, divide the beef mixture, leaving about 1-inch space from the top.
4. Run a knife around the insides of each jar to remove any air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 347| Fat: 10.3g| Carbs: 16.3g| Fiber: 0.4g| Protein: 45.5g

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## HAM

**Prep Time: 10 mins.| Cook Time: 40 mins.| Canning Time: 1¼ hrs.| Serves: 40**

19 lb. ham, cut into 1/2inch chunks

1. Heat a lightly greased large cast-iron wok over medium-high heat and sear ham chunks in 8 batches for about 3-5 minutes.
2. In 10 (1-pint) hot sterilized jars, divide the ham chunks.
3. Now pack each jar with hot water, leaving 1-inch space from the top.



4. Run a knife around the insides of each jar to remove any air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Carefully place the jars in the pressure canner and process at 11 lb. pressure for about 75 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 351| Fat: 18.5g| Carbs: 8.3g| Fiber: 2.8g| Protein: 35.8g

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## SALMON

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 1 hr. 50 mins. | Serves: 16**

4 lb. skinless, boneless salmon fillets,  
2 tsp. canning salt  
16 peppercorn  
8 tsp. olive oil

1. In 8 (½-pint) hot sterilized jars, divide the salmon, salt, peppercorn and oil, leaving 1-inch space from the top.
2. Run a knife around the insides of each jar to remove any air bubbles.
3. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
4. Close each jar with a lid and screw on the ring.
5. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 110 minutes.

6. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
7. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
8. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 162| Fat: 6.4g| Carbs: 0g| Fiber: 0g| Protein: 25.3g

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## TUNA

**Prep Time: 10 mins.| Canning Time: 1 hr. 40 mins.|  
Serves: 10**

2½ lb. boneless skinless tuna, cut into 4-inch chunks  
3 tsp. kosher salt

1. In 5 (½-pint) hot sterilized jars, divide the tuna chunks and salt.
2. Fill each jar with water, leaving 1-inch space from the top.
3. Run a knife around the insides of each jar to remove any air bubbles.
4. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
5. Close each jar with a lid and screw on the ring.
6. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 100 minutes.
7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 211| Fat: 9.2g| Carbs: 0g| Fiber: 0g| Protein: 30.1g

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## MACKEREL

**Prep Time: 10 mins. | Canning Time: 1 hr. 40 mins. |  
Serves: 20**

5 lb. mackerel fillets,  
2½ tsp. salt  
1 tsp. paprika

1. In 10 (½-pint) hot sterilized jars, divide the mackerel, salt and paprika, leaving 1-inch space from the top.
2. Run a knife around the insides of each jar to remove any air bubbles.
3. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
4. Close each jar with a lid and screw on the ring.
5. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 100 minutes.
6. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
7. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
8. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 297 | Fat: 20.2g | Carbs: 0.1g | Fiber: 0g | Protein:  
27.1g

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## TROUT

**Prep Time: 10 mins. | Canning Time: 1 hr. 40 mins. |  
Serves: 20**

5 lb. trout fillets  
2½ tsp. salt

1. In 10 (½-pint) hot sterilized jars, divide the trout and salt, leaving 1-inch space from the top.
2. Run a knife around the insides of each jar to remove any air bubbles.
3. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
4. Close each jar with a lid and screw on the ring.
5. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 100 minutes.
6. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
7. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
8. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 215| Fat: 9.6g| Carbs: 0g| Fiber: 0g| Protein: 30.2g

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## SHRIMP

**Prep Time: 15 mins.| Cook Time: 5 mins.| Canning Time: 45 mins.| Serves: 16**

8 C. water  
1 C. vinegar  
1 C. salt  
3 tbsp. salt  
4 lb. shrimp

1. In a large stockpot, add water, vinegar and salt and bring to a boil.
2. Add in the shrimp to the boiling water and immediately remove from the heat.
3. Set aside for about 10 minutes.
4. With a slotted spoon, transfer the shrimp into a bowl with cold water.

5. Drain the shrimp and then peel them.
6. Immediately plunge the shrimp in the same stockpot of water.
7. In 8 (1-pint) hot sterilized jars, divide the shrimp.
8. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
9. Run a knife around the insides of each jar to remove any air bubbles
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 45 minutes.
13. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 138| Fat: 1.9g| Carbs: 1.9g| Fiber: 0g| Protein:  
25.8g

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## BEANS & LEGUMES RECIPES

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### CHICKPEAS

**Prep Time: 10 mins.| Cook Time: 35 mins.| Canning  
Time: 1½ hrs.| Serves: 8**

1 lb. dried chickpeas, soaked for 18 hours and drained  
1 tsp. salt

1. In a Dutch oven, add beans and enough water to cover over high heat and bring to a boil.
2. Now set the heat to low and cook for about 30 minutes.
3. Drain the chickpeas, reserving cooking liquid.
4. In 2 (1-pint) hot sterilized jars, divide the chickpeas and sprinkle with salt.
5. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 90 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 178| Fat: 3.2g| Carbs: 34g| Fiber: 9.7g| Protein:  
11.3g

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## **BLACK BEANS**

**Prep Time: 10 mins.| Cook Time: 5 mins.| Canning Time: 1½ hrs.| Serves: 16**

1½ lb. dried black beans  
1 tbsp. baking soda  
2 tsp. sea salt

1. In a large bowl of water, stir in the baking soda.
2. Add in the beans and soak for about 10-12 hours.
3. Drain the beans and then rinse well.
4. In a Dutch oven, add beans and enough water to cover over high heat and bring to a boil.
5. Now set the heat to low and cook for about 30 minutes.
6. Drain the beans, reserving cooking liquid.
7. In 2 (1-pint) hot sterilized jars, divide the beans and sprinkle with salt.
8. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
9. Run a knife around the insides of each jar to remove any air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 90 minutes.
13. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 145| Fat: 0.6g| Carbs: 26.9g| Fiber: 6.7g| Protein: 9g

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## WHITE BEANS



**Prep Time: 10 mins. | Cook Time: 35 mins. | Canning Time: 1¼ hrs. | Serves: 28**

3¼ lb. dried white beans, soaked for 18 hours and drained

4½ tsp. salt

1. In a Dutch oven, add beans and enough water to cover over high heat and bring to a boil.
2. Now set the heat to low and cook for about 30 minutes.
3. Drain the beans, reserving cooking liquid.
4. In 7 (1-pint) hot sterilized jars, divide the beans and sprinkle with salt.
5. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for 2-4 years.



Per Serving:

Calories: 140| Fat: 0.5g| Carbs: 3.2g| Fiber: 7.9g| Protein:  
11.6g

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## BAKED BEANS



**Prep Time: 15 mins.| Cook Time: 12 mins.| Canning  
Time: 1¼ hrs.| Serves: 6**

1 lb. dried navy beans  
2 bay leaves  
1 C. onion, chopped finely  
6 tbsp. tomato paste  
3 tbsp. brown sugar  
1½ tbsp. Worcestershire Sauce  
1½ tsp. mustard powder  
1½ tsp. salt  
1½ tsp. ground black pepper

1. In a Dutch oven, add beans and enough water to cover over high heat and bring to a boil.
2. Remove the pan of beans from heat and set aside, covered for about 1 hour.
3. Drain the beans and then add enough fresh water to cover.
4. In the pan of beans, add bay leaves over high heat and bring to a boil.

5. Boil for about 2 minutes.
6. Drain the beans, reserving the cooking liquid.
7. For sauce: in a large microwave-safe bowl, add remaining ingredients and stir to combine.
8. Add reserved 3 C. of hot cooking liquid and microwave or about 5 minutes.
9. Remove the bowl of sauce from the microwave and mix well.
10. In 3 (1-pint) hot sterilized jars, divide the beans.
11. Fill each jar with hot sauce mixture, leaving 1-inch space from the top.
12. Run a knife around the insides of each jar to remove any air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
16. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. Store these canning jars in a cool, dark place for 2 years.

Per Serving:

Calories: 300| Fat: 1.1g| Carbs: 56.6g| Fiber: 12.7g| Protein: 18.2g

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## **SWEET & SOUR BEANS**



**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 1¼ hrs. | Serves: 8**

1 lb. navy beans  
½ C. leeks, chopped  
2 C. water  
2 C. ketchup  
1 C. maple syrup  
½ C. molasses  
2 tbsp. brown sugar  
1½ tsp. mustard powder  
Salt and ground black pepper, as required  
½ C. white vinegar

1. In a Dutch oven, add beans and enough water to cover over high heat and bring to a boil.
2. Remove the pan of beans from heat and set aside, covered for about 30-45 minutes.
3. Drain the beans and then add enough fresh water to cover.
4. Add the leeks and cook for about 15-20 minutes.
5. Remove the pan of beans from heat and drain water.
6. In a non-reactive saucepan, add 2 C. of water and remaining ingredients except for vinegar and bring to a gentle boil, stirring continuously.
7. Remove the pan of cooking mixture from heat and stir in vinegar.

8. In 4 (1-pint) hot sterilized jars, divide the beans.
9. Fill each jar with hot vinegar mixture, leaving 1-inch space from the top.
10. Run a knife around the insides of each jar to remove any air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
14. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. Store these canning jars in a cool, dark place for 2 years.

Per Serving:

Calories: 389| Fat: 1.1g| Carbs: 85.1g| Fiber: 8.9g| Protein: 13.7g

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## **KIDNEY BEANS CHILI**

**Prep Time: 15 mins. | Cook Time: 40 mins. | Canning Time: 1¼ hrs. | Serves: 18**

3 C. dried red kidney beans, soaked overnight and drained

1 tbsp. salt

2 C. onion, chopped

1 C. sweet bell pepper, seeded and chopped

6 garlic cloves, minced

¼ C. fresh parsley, minced

8 C. tomato juice

½ C. tomato paste

3 tbsp. red chilli powder

1 tsp. ground black pepper

2 tsp. dried thyme

2 tsp. ground cumin

1. In a Dutch oven, add beans and enough water to cover over high heat and bring to a boil.
2. Now set the heat to low and cook for about 30 minutes.
3. Drain the beans well.
4. For sauce: in a saucepan, add remaining ingredients over medium heat and bring to a boil.
5. Stir in the cooked beans and bring to a boil.
6. In 9 (1-pint) hot sterilized jars, divide the beans.
7. Fill each jar with hot sauce mixture, leaving 1-inch space from the top.
8. Run a knife around the insides of each jar to remove any air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
12. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. Store these canning jars in a cool, dark place for 2 years.

Per Serving:

Calories: 138| Fat: 0.5g| Carbs: 27.1g| Fiber: 5.9g| Protein: 8.3g

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## **PINTO BEANS CHILI**

**Prep Time: 15 mins.| Cook Time: 40 mins.| Canning Time: 1½ hrs.| Serves: 18**

2 lb. dry pinto beans, rinsed and drained  
3-4 bay leaves  
Salt, as required

1 tbsp. olive oil  
2 onions, chopped  
2 (28-oz.) cans petite diced tomatoes  
1 (15-oz.) can tomato sauce  
2 C. beef broth  
3 tbsp. chili powder,  
2 tbsp. ground cumin  
2 tsp. garlic powder  
1 tsp. dried oregano  
1 tsp. dried thyme  
Ground black pepper, as required

1. In a large stockpot of water, add beans, bay leaves, 1 tbsp. of salt over high heat and bring to a boil.
2. Now set the heat to low and cook for about 30-35 minutes.
3. Meanwhile, heat oil in a frying pan over medium heat and sauté the onion for about 4-5 minutes.
4. Drain the beans and return into the same pot.
5. In the pot of beans, add the cooked onion and remaining ingredients and stir to combine.
6. Place the pan over high heat and bring to a boil.
7. In 9 (1-pint) hot sterilized jars, divide the chili, leaving 1-inch space from the top.
8. Run a knife around the insides of each jar to remove any air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 90 minutes.
12. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. Store these canning jars in a cool, dark place for 2 years.

Per Serving:

Calories: 220| Fat: 2.1g| Carbs: 38.5g| Fiber: 9.8g| Protein:  
12.9g

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## **WHITE BEANS & CORN CHILI**

**Prep Time: 15 mins.| Cook Time: 40 mins.| Canning  
Time: 1¼ hrs.| Serves: 14**

1 lb. white beans, soaked for 6 hours and drained  
6 C. chicken broth  
1 lb. frozen corn  
1 medium onion, chopped  
7 oz. canned green chilies  
6 garlic cloves  
4 tsp. ground cumin  
1 tsp. dried oregano  
2 tsp. cayenne pepper

1. In a Dutch oven, add beans and enough water to cover over high heat and bring to a boil.
2. Now set the heat to low and cook for about 30 minutes.
3. Drain the beans completely and set aside.
4. In 7 (1-pint) hot sterilized jars, divide the beans.
5. Fill each jar with hot broth mixture, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.

- .1. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .2. Store these canning jars in a cool, dark place for 2 years.

Per Serving:

Calories: 166| Fat: 2.1g| Carbs: 28.3g| Fiber: 9.6g| Protein: 11.4g

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## **BLACK-EYED PEAS**

**Prep Time: 10 mins.| Cook Time: 30 mins.| Canning Time: 1¼ hrs.| Serves: 12**

1½ lb. dried black-eyed peas, soaked overnight and drained

6 tbsp. onions, chopped

4 tsp. dried thyme

1½ tsp. kosher salt

30 peppercorns

1. In a Dutch oven, add black-eyed peas and enough water to cover over high heat and bring to a boil.
2. Now set the heat to low and cook for about 30 minutes.
3. Drain the black-eyed peas, reserving cooking liquid.
4. In 3 (1-pint) hot sterilized jars, divide the black-eyed peas, onion, thyme, salt and peppercorn.
5. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
- .0. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.



- .1. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .2. Store these canning jars in a cool, dark place for 2-4 years.

Per Serving:

Calories: 196| Fat: 0.8g| Carbs:34g| Fiber: 0.2g| Protein: 13.6g

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## RED LENTILS

**Prep Time: 10 mins.| Cook Time: 10 mins.| Canning Time: 1¼ hrs.| Serves: 8**

- 2 C. red lentils, rinsed
- 4 C. chicken broth
- 2 small brown onions, chopped finely

1. In a Dutch oven, add lentils, onion and broth over high heat and bring to a boil.
2. Now set the heat to low and cook for about 5 minutes.
3. In 4 (1-pint) hot sterilized jars, divide the lentils.
4. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
- .0. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
- .1. Store these canning jars in a cool, dark place for 2-3 years.

Per Serving:

Calories: 196| Fat: 1.2g| Carbs: 30.9g| Fiber: 15g| Protein:  
15g

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## **BROTHS, SOUPS & STEWS RECIPES**

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### **CHICKEN BROTH**



**Prep Time: 20 mins. | Cook Time: 6 hrs. 50 mins. |  
Canning Time: 20 mins. | Serves: 32**

5 lb. chicken bones  
large onions, cut into large pieces  
2 carrots, peeled and cut into large pieces  
2 celery stalks, cut into large pieces  
3 garlic cloves, crushed  
2 bay leaves  
2 tsp. dried thyme  
1 tsp. dried sage  
½ tsp. dried rosemary  
8-10 whole peppercorns  
20 C. water

1. Preheat your oven to 425 °F.
2. In a large roasting pan, place the chicken bones and spread the onions, carrots, celery and garlic on top.
3. Roast for approximately 45 minutes, flipping once halfway through.
4. Remove the roasting pan of bones mixture from oven and drain off the grease.
5. Transfer roasted beef bones and vegetables in a stockpot.
6. In the roasting pan, add 1 C. of water and scrape the browned bits from the bottom with a spoon.
7. In the stockpot, add the roasting pan juices and remaining ingredients except for water.
8. Add enough water to cover the mixture.
9. Place the pan over high heat and bring to a boil.
10. Now set the heat to low and cook, uncovered for about 4-6 hours.
11. Through a strainer, strain the broth.
12. In 8 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
13. Slide a small knife around the insides of each jar to remove air bubbles.
14. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
15. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
16. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. Store these canning jars of broth in a cool, dark place.

Per Serving:

Calories: 113| Fat: 2.2g| Carbs: 1.4g| Fiber: 0.4g| Protein:  
20.7g

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## BEEF BROTH



**Prep Time: 20 mins. | Cook Time: 7 hrs. 5 mins. |  
Canning Time: 20 mins. | Serves: 20**

4 lb. meaty beef soup bones  
3 celery ribs, cut into chunks  
3 medium carrots, peeled and chopped roughly  
2 medium onions, quartered  
½ C. warm water  
3 bay leaves  
3 garlic cloves  
8-10 whole peppercorns  
3-4 sprigs fresh parsley  
1 tsp. dried thyme  
1 tsp. dried oregano  
1 tsp. dried marjoram  
Cold water, as required

1. Preheat your oven to 450 °F.
2. In a large roasting pan, place the beef bones.
3. Roast for approximately 30 minutes.
4. After 30 minutes of roasting, place the carrots, celery and onions into the roasting pan with bones.
5. Roast for approximately 30 minutes.
6. Remove the roasting pan of bones and vegetables from the oven and drain off the grease.

7. In a stockpot, place the roasted beef bones and vegetables.
8. In the roasting pan, add warm water and with a spoon, scrape up the browned bits from the bottom.
9. In the stockpot, add the roasting pan juices, bay leaves, garlic, peppercorns, parsley and dried herbs.
10. Add enough water to cover the mixture.
11. Place the pan over high heat and bring to a boil.
12. Now set the heat to low and cook, covered for about 2 hours.
13. Uncover the pot and simmer, covered for about 4 hours.
14. Through a strainer, strain the broth, discarding the solids.
15. In 5 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
16. Slide a small knife around the insides of each jar to remove air bubbles.
17. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
18. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
19. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
20. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
21. Store these canning jars of broth in in a cool, dark place.

Per Serving:

Calories: 115| Fat: 3.1g| Carbs: 4.5g| Fiber: 0.5g| Protein: 16.5g

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## **FISH BROTH**

**Prep Time: 15 mins.| Cook Time: 20 mins.| Canning Time: 20 mins.| Serves: 16**

2 tbsp. unsalted butter  
2 medium onions, sliced thinly

2 medium carrots, sliced thinly  
4 celery stalks, sliced thinly  
2 dried bay leaves  
6-8 sprigs fresh thyme  
¼ C. fresh parsley, chopped  
2 tbsp. black peppercorns  
1 cod head, split lengthwise, gills removed and rinsed  
3 lb. fish bones, cut into 2-inch pieces and rinsed  
¼ C. dry white wine  
8 C. hot water

1. Melt the butter in a heavy-bottomed stockpot over medium heat and cook the onions, carrots, celery, fresh herbs, bay leaves and peppercorns for about 8 minutes, stirring frequently.
2. Add in the remaining ingredients except for water and cook, covered for about 10-15 minutes.
3. Stir in the water and bring to a boil.
4. Now adjust the heat to medium and simmer, covered for about 10-15 minutes, skimming off the foam from top occasionally.
5. Remove the pan of broth from heat and, through a strainer, strain it.
6. In 4 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 116| Fat: 2.2g| Carbs: 2.3g| Fiber: 0.6g| Protein:  
19.7g

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## SHRIMP BROTH

**Prep Time: 15 mins.| Cook Time: 20 mins.| Canning  
Time: 20 mins.| Serves: 12**

2 lb. shrimp shells  
1 small onion, chopped roughly  
1 large carrot, peeled and chopped roughly  
1 celery stalk, chopped roughly  
3 garlic cloves, peeled  
3-4 fresh rosemary sprigs, tied together with kitchen  
twine  
2 bay leaves  
½ tsp. whole peppercorns  
8 C. water

1. Add all ingredients in a stockpot over high heat and bring to a boil.
2. Adjust the heat to medium and simmer, covered for about 45-55 minutes, skimming off the foam from the top periodically.
3. Remove the pan of broth from heat and, through a strainer, strain it.
4. In 3 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.

8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars of broth in in a cool, dark place.

Per Serving:

Calories: 96| Fat: 1.3g| Carbs: 2.6g| Fiber: 0.3g| Protein:  
17.4g

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## VEGGIE BROTH



**Prep Time: 20 mins. | Cook Time: 1 hr. 40 mins. |**  
**Canning Time: 20 mins. | Serves: 16**

2 tbsp. olive oil  
1½ lb. sweet onions, chopped  
1 lb. tomatoes, cored  
1 lb. carrots, peeled and chopped  
1 lb. bell pepper, seeded and cut into 1 inch pieces  
½ lb. turnips, peeled and cubed  
1 lb. celery, chopped  
3 garlic cloves  
3 whole cloves  
1 bay leaf  
6 whole black peppercorns  
1 bunch fresh parsley, chopped  
8 C. water



1. Preheat your oven to 450 °F.
2. In a roasting pan, place olive oil, onions, tomatoes, carrots, bell pepper and turnips and toss to coat well.
3. Then arrange the vegetables in an even layer.
4. Roast for approximately 1 hour, flipping after every 15 minutes.
5. Remove the roasting pan of vegetables from oven.
6. In a stockpot, add roasted vegetables and remaining ingredients over high heat and bring to a boil.
7. Now adjust the heat to medium and simmer, covered for about 30-35 minutes.
8. Remove the pan of broth from heat and, through a strainer, strain it.
9. In 4 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
13. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Store these canning jars of broth in in a cool, dark place.

Per Serving:

Calories: 106| Fat: 2.3g| Carbs: 21g| Fiber: 5.2g| Protein: 2.6g

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## **CHICKEN & VEGGIE SOUP**

**Prep Time: 15 mins.| Cook Time: 35 mins.| Canning Time: 1¼ hrs.| Serves: 16**

16 C. chicken broth

1 C. cut string beans  
1 C. carrots, peeled and sliced  
½ C. onion, chopped  
½ C. celery, sliced  
½ C. frozen peas  
½ C. frozen corn  
3 C. cooked chicken, chopped  
1 tsp. dried parsley  
1 tsp. white sugar  
½ tsp. poultry seasoning  
Salt and ground black pepper, as required

1. In a stockpot, add all ingredients over high heat and ring to a boil.
2. Now set the heat to low and cook, covered for about 30 minutes.
3. In 8 (1-pint) hot sterilized jars, divide the soup, leaving about ½-inch space from the top.
4. Run a knife around the insides of each jar to remove any air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 94 | Fat: 2.3g | Carbs: 4.4g | Fiber: 1g | Protein: 13.1g

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## **MEATBALLS & BEANS SOUP**

**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 1¼ hrs. | Serves: 12**

1 tbsp. vegetable oil  
4 carrots, peeled and chopped  
1 C. onions, chopped  
1 celery stalk, chopped  
4 garlic cloves, chopped  
5¼ C. chicken broth  
2½ C. water  
Salt and ground black pepper, as required  
2 (14-oz.) cans white beans, drained and rinsed  
1 (6-oz.) bag baby spinach, chopped roughly  
24 pre-cooked turkey meatballs

1. In a non-stick frying pan, heat vegetable oil over medium heat and sauté carrots, onions, celery and garlic cloves for about 4-5 minutes.
2. With a slotted spoon, transfer the onion mixture into a bowl and set aside.
3. In a stainless-steel pan, add broth, water, salt and black pepper over medium heat and bring to a boil.
4. Cook for about 3-5 minutes.
5. In 6 (1-pint) hot sterilized jars, divide beans, spinach, meatballs, and cooked onion mixture.
6. Fill each jar with hot broth mixture, leaving about ½-inch space from the top.
7. Run a knife around the insides of each jar to remove any air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.

1. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
2. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 604 | Fat: 24.3g | Carbs: 46.1g | Fiber: 11.1g |

Protein: 50.3g

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## **GROUND BEEF & BEANS SOUP**

**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 1¼ hrs. | Serves: 20**

- 2 lb. ground beef
- 1 large onion, chopped
- 2 garlic cloves, minced
- 6 C. cabbage, shredded
- 1 C. celery, chopped
- 1 C. bell pepper, seeded and chopped
- 2 (16-oz.) cans kidney beans
- 8 C. canned tomatoes with juice
- 8 C. beef broth
- 2 tbsp. garlic powder
- 2 tbsp. dried basil
- 1 tbsp. dried parsley
- 1 tbsp. dried oregano

1. Heat a Dutch over medium-high heat and cook the beef for about 8-10 minutes, crumbling with the spoon.
2. With a slotted spoon, transfer the cooked beef into a bowl.
3. Drain the grease, reserving 2 tbsp. inside.
4. In the pan, add the onion and garlic and sauté for about 4-5 minutes.
5. Stir in the cooked beef and remaining ingredients and bring to a boil.

6. Now set the heat to low and cook, covered for about 20 minutes.
7. In 10 (1-pint) hot sterilized jars, divide the soup, leaving about ½-inch space from the top.
8. Run a knife around the insides of each jar to remove any air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
11. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 280| Fat: 4.1g| Carbs: 34.4g| Fiber: 8.8g| Protein: 27.2g

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## **HAM & SPLIT PEAS SOUP**

**Prep Time: 15 mins. | Cook Time: 1 hr. 35 mins. |**

**Canning Time: 1¼ hrs. | Serves: 12**

- 8 C. water
- 1 lb. dried split peas
- 7 oz. cooked ham, chopped
- 3 medium carrots, peeled and chopped finely
- 1 medium onion, chopped finely
- 3 tbsp. fresh lemon juice
- 1 tbsp. Worcestershire sauce
- 1 bay leaf
- ½ tsp. ground allspice
- Salt and ground black pepper, as required

1. In a Dutch oven, add water and split peas over high heat and bring to a boil.
2. Now set the heat to low and cook, uncovered for about 1 hour.
3. Stir in the remaining ingredients and simmer for about 30 minutes.
4. In 5 (1-pint) hot sterilized jars, divide the soup, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 202| Fat: 2.3g| Carbs: 31.4g| Fiber: 12.6g| Protein: 14.8g

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## ONION SOUP

**Prep Time: 15 mins.| Cook Time: 20 mins.| Canning Time: 1¼ hrs.| Serves: 20**

2 tbsp. butter  
7 medium onions, sliced  
12 C. beef broth  
2 tbsp. better than beef bouillon  
2 tsp. steak sauce  
2 tsp. Worcestershire sauce

1. In a cast-iron wok, melt butter over medium-low heat and cook the onion slices for about 15-20 minutes or until caramelized, stirring occasionally.
2. Meanwhile, in a stockpot, add remaining ingredients over medium-high heat and bring to a boil.
3. In 10 (1-pint) hot sterilized jars, divide the onion slices.
4. Fill each jar with hot broth mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 52 | Fat: 2g | Carbs: 4.9g | Fiber: 0.8g | Protein: 3.6g

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## **CHICKEN & BEANS STEW**

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 1¼ hrs. | Serves: 12**

- 3½ C. chicken broth
- 4 C. diced tomatoes, chopped
- 2 medium potatoes, peeled and cubed
- 1 C. onion, chopped
- 1½ C. carrots, peeled and chopped
- ½ C. celery, chopped
- 1 C. canned Great Northern beans, rinsed and drained
- 1 C. canned sweet corn, drained
- 1 tsp. dried garlic, minced

½ tsp. dried thyme  
¼ tsp. dried parsley  
¼ tsp. dried rosemary  
¼ tsp. cayenne pepper  
Salt and ground black pepper, as required  
2 lb. cooked chicken, cut into bite-sized pieces

1. In a stockpot, add all ingredients except for cooked chicken over medium-high heat and bring to a boil.
2. Now set the heat to low and cook, uncovered for about 15 minutes.
3. Stir in cooked chicken and simmer for about 5 minutes.
4. In 6 (1-pint) hot sterilized jars, divide the stew, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 273| Fat: 4.6g| Carbs: 23.5g| Fiber: 5.7g| Protein: 33.3g

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## **BEEF & VEGGIE STEW**

**Prep Time: 15 mins.| Cook Time: 15 mins.| Canning Time: 1¼ hrs.| Serves: 12**

1 tbsp. canola oil  
1½ lb. beef stew meat, cubed  
4 C. beef broth



1 C. onion, chopped  
3 carrots, peeled and sliced  
1 C. celery, sliced  
2 large potatoes, peeled and cubed  
1 (28-oz.) can diced tomatoes with juice  
1 tbsp. white sugar  
2 tsp. salt  
½ tsp. ground black pepper  
1½ tsp. Italian seasoning  
1 C. frozen peas

1. In a Dutch oven, heat the canola oil over medium-high heat and sear the beef cubes for about 4-5 minutes.
2. Stir in the remaining ingredients and cook for about 10 minutes.
3. In 6 (1-pint) hot sterilized jars, divide the soup leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 210| Fat: 5.6g| Carbs: 18.2g| Fiber: 3.7g| Protein:  
21.4g

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## **HAM & BEANS STEW**

**Prep Time: 15 mins.| Cook Time: 1 hr 10 mins.|  
Canning Time: 1¼ hrs.| Serves: 12**

1 lb. dried Navy beans  
6 C. chicken broth  
½ lb. fully cooked ham, cut into 1-inch pieces  
1½ tbsp. garlic, minced  
1 bay leaf  
6-8 whole peppercorns  
1 large brown onion, chopped finely  
5 celery stalks, sliced  
6 oz. carrots, peeled and sliced thinly  
Salt and ground black pepper, as required

1. In a Dutch oven, add beans and enough water to cover over high heat and bring to a boil.
2. Remove the pan of beans from heat and set aside, covered for about 1 hour.
3. Drain the beans and return to the same pan.
4. In the pan, add the broth, ham pieces, garlic, peppercorns and bay leaf over high heat and bring to a boil.
5. Now set the heat to low and cook, uncovered for about 45 minutes.
6. Stir in the vegetables, salt and black pepper and simmer for about 15 minutes.
7. In 6 (1-pint) hot sterilized jars, divide the stew, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
11. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 191| Fat: 2.7g| Carbs: 27.5g| Fiber: 6.8g| Protein:  
14.5g

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## **FISH STEW**

**Prep Time: 15 mins.| Cook Time: 35 mins.| Canning  
Time: 1 hr. 40 mins.| Serves: 10**

### **For Fish Brine:**

8 C. water

½ C. salt

2 lb. boneless, skinless white fish, cut into 1-inch pieces

### **For Stew:**

3 C. water

6 large tomatoes

2 garlic cloves

2 tsp. white sugar

½ tsp. celery salt

Pinch of cayenne pepper

4 C. potatoes, peeled and cubed

½ C. onion, chopped roughly

¼ C. pimiento, chopped

3 cooked bacon slices, crumbled

1 tbsp. fresh lemon juice

1. For brine: in a large glass bowl, dissolve salt in water.
2. Add fish pieces and soak for about 1 hour.
3. Drain fish pieces.
4. For stew: in a stockpot, add water, tomatoes, garlic, sugar, salt, celery salt and cayenne pepper over medium-high heat and bring to a boil.
5. Now set the heat to low and cook, covered for about 20 minutes.
6. Add in remaining ingredients and stir to combine.
7. Now adjust the heat to medium-high and bring to a boil.

8. Cook for about 5 minutes.
9. In 5 (1-pint) hot sterilized jars, divide the stew, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 100 minutes.
13. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 230| Fat: 6.5g| Carbs: 15.6g| Fiber: 2.9g| Protein: 26.7g

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## **VEGGIE STEW**

**Prep Time: 15 mins.| Cook Time: 10 mins.| Canning Time: 55 mins.| Serves: 14**

4 lb. tomatoes, cored and chopped  
2 C. lima beans  
2 C. uncooked corn kernels  
6 medium potatoes, peeled and cubed  
12 medium carrots, peeled and sliced  
1 C. celery stalk, sliced  
2 medium onions, chopped  
Salt and ground black pepper, as required  
3 C. water

1. In a stockpot, add all ingredients over medium-high heat and bring to a boil.

2. Now set the heat to low and cook, uncovered for about 4-5 minutes.
3. In 7 (1-pint) hot sterilized jars, divide the stew, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 55 minutes.
7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. Store these canning jars in a cool, dark place.

Per Serving:

Calories: 159| Fat: 0.8g| Carbs: 34.8g| Fiber: 7.2g| Protein: 5.6g

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# PRESERVING RECIPES

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# FREEZER PRESERVING RECIPES

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## BARLEY PORRIDGE



**Prep Time: 15 mins. | Cook Time: 30 mins. | Serves: 4**

- 3 C. water
- 1 C. pearl barley
- Kosher salt, as required
- 2 C. mixed fresh berries (raspberries, blueberries and blackberries)
- 1½ tbsp. fresh orange juice
- 2 tsp. chia seeds
- 2 tsp. fresh orange zest, grated
- 1 tsp. honey

1. In a saucepan, add the water, barley and a pinch of salt and bring to a boil.
2. Reduce the heat to low and simmer, covered for about 25-30 minutes or until all the liquid is absorbed, stirring occasionally.

3. Meanwhile, in another small pan, add the berries, orange juice, chia seeds, orange zest and honey over medium heat and cook for about 10 minutes, stirring occasionally.
4. Remove from the heat and set aside to cool slightly.
5. Serve warm.
6. For preserving: transfer the porridge into a bowl and set aside to cool completely.
7. Transfer the cooled porridge into airtight containers.
8. This porridge can be preserved in the freezer for up to 4 months.

Per Serving:

Calories: 261| Fat: 4.1g| Carbs: 50.5g| Fiber: 9.9g| Protein: 6.4g

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## BAKED OATMEAL



**Prep Time: 15 mins.| Cook Time: 45 mins.| Serves: 6**

- 3 tbsp. water
- 1 tbsp. flaxseeds meal
- 3 C. unsweetened almond milk
- ¼ C. agave nectar
- 2 tbsp. coconut oil, melted and cooled
- 2 tsp. vanilla extract
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- ¼ tsp. sea salt



2 C. old-fashioned rolled oats  
½ C. pecans, chopped

1. In a bowl, add the water and flaxseeds meal and beat until well combined.
2. Set aside.
3. Place the flaxseeds mixture, almond milk, agave nectar, coconut oil, vanilla extract, baking powder, cinnamon, and salt in a large bowl and beat until well combined.
4. Add the oats and pecans and stir to combine.
5. Place the oat mixture into a lightly greased 8x8-inch and spread it into an even layer.
6. Cover the baking dish with plastic wrap and refrigerate for at least 8 hours or overnight.
7. Arrange a rack in the middle position of the oven. Preheat your oven to 350 °F.
8. Remove the baking dish from the refrigerator and remove the plastic wrap.
9. With a spoon, stir the oat mixture well.
10. Bake uncovered for about 45 minutes or until the center is set.
11. Remove it from the oven and set it aside to cool slightly
12. Serve warm with your desired toppings.
13. For preserving: transfer the oatmeal onto a large baking sheet and set aside to cool completely.
14. Transfer the cooled oatmeal into airtight containers.
15. This oatmeal can be preserved in the freezer for up to 3 months.

Per Serving:

Calories: 286 | Fat: 15.8g | Carbs: 32.8g | Fiber: 5.6g | Protein: 5.4g

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## **SAVORY PANCAKES**

**Prep Time: 15 mins. | Cook Time: 56 mins. | Serves: 8**

2 eggs  
1 C. almond flour  
½ tsp. baking powder  
¼ C. water  
½ C. feta cheese, crumbled  
1 C. fresh spinach, chopped  
2 scallions, chopped  
1 garlic clove, chopped  
¼ tsp. ground nutmeg  
Salt and ground black pepper, as required

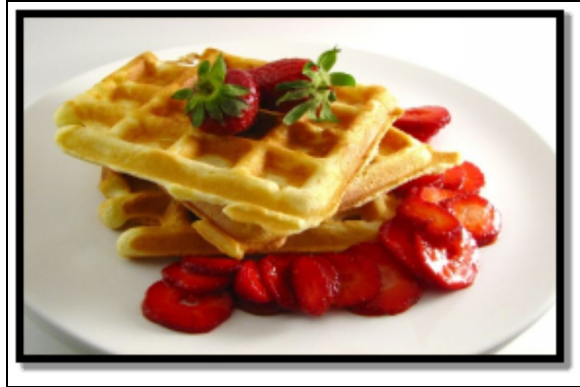
1. In a bowl, crack the eggs and beat until frothy.
2. Add the almond flour, baking powder, and water and beat until smooth.
3. Add the feta cheese, spinach, scallions, garlic, nutmeg, salt and black pepper and stir to combine.
4. Heat a greased non-stick wok over medium heat.
5. Add desired amount of the mixture and tilt the pan to spread it in an even layer.
6. Cook for about 3-4 minutes or until golden brown.
7. Flip the side and cook for about 2-3 more minutes.
8. Repeat with the remaining mixture.
9. Serve warm.
10. For preserving: place the pancakes onto a wire rack to cool completely.
11. Place these cooled pancakes in an airtight container by placing a piece of wax paper between each pancake.
12. These pancakes can be preserved in the freezer for up to 3 months.

Per Serving:

Calories: 134| Fat: 10.6g| Carbs: 3.7g| Fiber: 1.7g| Protein:  
2.9g

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## YOGURT WAFFLES



**Prep Time: 5 mins. | Cook Time: 50 mins. | Serves: 10**

1 1/3 C. almond flour  
2 tbsp. Erythritol  
2 tbsp. unsweetened vanilla whey protein powder  
1/2 tsp. baking soda  
1 tsp. baking powder  
1/2 tsp. xanthan gum  
Salt, as required  
2 large eggs (whites and yolks separated)  
2 whole eggs  
1/4 C. unsweetened almond milk  
3 tbsp. butter  
6 oz. plain Greek yogurt

1. Preheat the waffle iron and then grease it.
2. In a large bowl, add the flour, Erythritol, protein powder, baking soda, baking powder, xanthan gum and salt and mix well.
3. In a second small bowl, add the egg whites and beat until stiff peaks form.
4. In a third bowl, add 2 egg yolks, whole eggs, almond milk, butter and yogurt and beat until well combined.
5. Add the egg mixture into flour mixture and mix until well combined.
6. Gently fold in the beaten egg whites

7. Place  $\frac{1}{4}$  C. of the mixture into preheated waffle iron and cook for about 4-5 minutes or until golden brown.
8. Repeat with the remaining mixture.
9. Serve warm.
10. For preserving: place the waffles onto a wire rack to cool completely.
11. Place these cooled waffles in an airtight container by placing a piece of wax paper between each waffle.
12. These waffles can be preserved in the freezer for up to 3 months.

Per Serving:

Calories: 164| Fat: 13.3g| Carbs: 5g| Fiber: 1.9g| Protein: 7.9g

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## VEGGIE FRITTATA

**Prep Time: 20 mins. | Cook Time: 25 mins. | Serves: 4**

- 4 tbsp. extra-virgin olive oil, divided
- 1 (5-oz.) package baby spinach
- 1 bunch scallions, sliced
- Salt and ground black pepper, as required
- 8 large eggs
- 4 tbsp. whole-wheat breadcrumbsdivided
- $\frac{3}{4}$  C. water
- $\frac{1}{2}$  C. feta cheese, crumbled

1. Preheat your oven to 450 °F.
2. In a medium ovenproof wok, heat 2 tbsp. of oil over medium-high heat and cook the spinach and scallions for about 4 minutes, stirring frequently.
3. Stir in the salt and black pepper and remove from the heat.
4. In a large bowl, add the eggs, 2 tbsp. of breadcrumbswater and  $\frac{1}{2}$  tsp. of salt and beat until well combined.

5. Add the feta cheese and egg mixture into the wok and mix well.
6. Spread the remaining breadcrumbs on top evenly.
7. Transfer the wok into the oven and bake for about 15 minutes or until the top becomes golden.
8. Remove from oven and place the frittata onto a wire rack for about 5 minutes before slicing.
9. Cut the frittata into equal-sized wedges.
10. For preserving: place the frittata wedges on a wire rack to cool completely.
11. Place these cooled frittata wedges in an airtight container by placing a piece of wax paper between each wedge.
12. This frittata can be preserved in the freezer for up to 3 months.

Per Serving:

Calories: 352| Fat: 28.5g| Carbs: 11g| Fiber: 1.9g| Protein: 17.7g

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## HAM QUICHE

**Prep Time: 15 mins. | Cook Time: 40 mins. | Serves: 6**

- 5 eggs
- ½ C. half-and-half
- 2 tsp. garlic, chopped
- Ground black pepper, as required
- 1 (9-inch) refrigerated pie crust, softened
- 1 (4-oz.) package tomato-basil feta cheese, crumbled
- ¼ C. red onion, finely chopped
- ½ C. cooked ham, chopped
- 2 C. baby spinach leaves, chopped roughly
- ½ C. jarred roasted red bell peppers, drained and chopped
- ½ C. mozzarella cheese, shredded

1. Preheat your oven to 375 °F.

2. In a small bowl, add the eggs, half-and-half, garlic and black pepper and beat until well combined.
3. Arrange the pie crust in a 9-inch quiche pan and sprinkle with feta cheese evenly.
4. Place the onion and ham over cheese, followed by spinach and bell peppers.
5. Place the egg mixture on top and sprinkle with mozzarella cheese.
6. Bake for about 35-40 minutes or until a wooden skewer inserted in the center comes out clean.
7. Remove from oven and place onto a wire rack for about 5 minutes before slicing.
8. For preserving: place the quiche wedges a wire rack to cool completely.
9. Place these cooled quiche wedges in an airtight container by placing a piece of wax paper between each wedge.
10. This quiche can be preserved in the freezer for up to 3 months.

Per Serving:

Calories: 271| Fat: 17g| Carbs: 17.5g| Fiber: 0.9g| Protein: 12.9g

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## **BEANS & BANANNA MUFFINS**

**Prep Time: 15 mins.| Cook Time: 25 mins.| Serves: 4**

- 1 ripe banana, peeled and mashed
- 1 (15-oz.) can white beans, rinsed and drained
- ½ C. oatmeal
- 2 tbsp. coconut flakes
- ¼ C. maple syrup
- 1/6 tsp. baking soda
- 2/3 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/3 tsp. vanilla powder
- 2-3 tbsp. walnuts, crushed

1. Preheat your oven to 375 °F.
2. Line 8 cups of a muffin tin with paper liners.
3. In a blender, add all the ingredients except for walnuts and pulse until well combined.
4. Transfer the mixture into a bowl and gently fold in the walnuts.
5. Transfer the mixture into prepared muffin cups evenly.
6. Bake for approximately 20-25 minutes or until a toothpick inserted in the center comes out clean.
7. Remove the muffin tin from oven and place onto a wire rack to cool for about 10 minutes.
8. Carefully invert the muffins onto the wire rack to cool completely before serving.
9. For preserving: place the muffins onto a wire rack to cool completely.
10. Line 3-4 airtight containers with paper towels.
11. Arrange muffins over the paper towel in a single layer.
12. Cover muffins with another paper towel.
13. These muffins can be preserved in the freezer for up to 3 months.

Per Serving:

Calories: 250 | Fat: 4g | | Carbs: 45.7g | | Fiber: 10.8g | |  
Protein: 9.3g

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## **VEGGIE MUFFINS**

**Prep Time: 20 mins. | Cook Time: 35 mins. | Serves: 6**

- 2 tsp. olive oil
- ½ C. onion, finely chopped
- 1 C. cherry tomatoes, sliced
- 2 C. fresh baby spinach, finely chopped
- ½ C. Kalamata olives, pitted and chopped
- 1 tbsp. fresh oregano, chopped
- 8 eggs

1 C. cooked quinoa  
1 C. feta cheese, crumbled  
Salt, as required

1. Preheat your oven to 350 °F. Grease a 12 cups muffin tin.
2. In a wok, heat the oil over medium heat and sauté the onion for about 2-3 minutes.
3. Add the tomatoes and sauté for about 1 minute.
4. Add the spinach and sauté for about 1 minute.
5. Remove from the heat and stir in the olives and oregano.
6. In a bowl, crack the eggs and beat slightly
7. Add the quinoa, feta cheese, veggie mixture and salt and mix until well combined.
8. Divide the mixture into prepared muffin cups evenly.
9. Bake for about 30 minutes or until tops become light golden brown.
10. Remove from the oven and place the muffin tin onto a wire rack to cool for about 5 minutes.
11. Carefully invert the muffins onto a platter and serve warm.
12. For preserving: place the muffins onto a wire rack to cool completely.
13. Line 3-4 airtight containers with paper towels.
14. Arrange muffins over the paper towel in a single layer.
15. Cover muffins with another paper towel.
16. These muffins can be preserved in the freezer for up to 3 months.

Per Serving:

Calories: 294| Fat: 15.8g| Carbs: 23.3g| Fiber: 3.5g| Protein: 15.8g

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## **MULTI-GRAIN BREAD**

**Prep Time: 15 mins.| Cook Time: 30 mins.| Serves: 20**

¼ C. rolled oats



¼ C. quinoa  
¼ C. sunflower seeds  
¼ C. cold water  
1 tbsp. active yeast  
3 C. warm water  
4 C. all-purpose flour  
1 C. whole-wheat flour  
1 C. rye flour

1. In a bowl, add the oats, quinoa, sunflower seeds, rolled oats and cold water and mix until well combined.
2. With a plastic wrap, cover the bowl and set aside at room temperature for 1 hour.
3. Place yeast and water in a separate large bowl and mix until dissolved completely. Let it rest for 5 minutes or until it begins to foam.
4. In the bowl of yeast mixture, add flours and quinoa mixture and mix until well combined.
5. With a plastic wrap, cover the dough bowl and set aside at room temperature for 2 hours.
6. Place the dough onto a lightly floured surface and divide in two balls.
7. Grease 2 loaf pans.
8. Place 1 dough ball in each prepared loaf pan and set aside, uncovered for 1 hour.
9. Preheat your oven to 450 °F.
10. Bake for about 25-30 minutes or until a toothpick inserted in the center comes out clean.
11. Remove the loaf pans from oven and place onto a wire rack to cool for about 10 minutes.
12. Now, invert each bread onto the wire rack to cool completely before slicing.
13. With a sharp knife, cut each bread loaf into desired-sized slices and serve.
14. For preserving: wrap each bread loaf tightly in plastic wrap.

- .5. Now wrap each loaf with a sheet of aluminium foil.
- .6. These bread loaves can be preserved in the freezer for up to 5 months.

Per Serving:

Calories: 155| Fat: 1.2g| Carbs: 31.1g| Fiber: 3.4g| Protein: 5.3g

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## ZUCCHINI BREAD

**Prep Time: 15 mins. | Cook Time: 1 hr. | Serves: 8**

- $\frac{3}{4}$  C. coconut flour
- 1 tsp. baking powder
- $1\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{2}$  tsp. salt
- 4 eggs (whites and yolks separated)
- 2 whole eggs
- $\frac{1}{2}$  C. coconut oil, melted
- $\frac{1}{2}$  C. unsweetened coconut milk
- $\frac{1}{2}$  C. Swerve
- 1 tsp. vanilla extract
- $\frac{3}{4}$  C. zucchini, shredded

1. Preheat your oven to 350 °F. Grease a bread loaf pan.
2. In a large bowl, add flour, baking powder, cinnamon and salt and mix well.
3. In a second bowl, add 4 egg whites and beat until fluffy.
4. In a third large bowl, add the remaining ingredients except zucchini and beat until well combined.
5. Add the egg mixture into the bowl with flour mixture and mix until well combined.
6. Fold in zucchini.
7. Gently fold in the beaten egg whites.
8. Transfer the mixture into prepared loaf pan evenly.
9. Bake for about 1 hour or until a toothpick inserted in the center comes out clean.

- .0. Remove the loaf pan from oven and place onto a wire rack to cool for at least 10-15 minutes.
- .1. Carefully invert the bread onto the wire rack to cool completely.
- .2. With a sharp knife, cut the bread loaf in desired size slices and serve.
- .3. For preserving: wrap the bread loaf tightly in plastic wrap.
- .4. Now wrap the loaf with a sheet of aluminium foil.
- .5. This bread loaf can be preserved in the freezer for up to 5 months.

Per Serving:

Calories: 210| Fat: 20.7g| Carbs: 3g| Fiber: 1.2g| Protein: 4.8g

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## CHICKEN SOUP

**Prep Time: 15 mins.| Cook Time: 20 mins.| Serves: 8**

- 1 tbsp. olive oil
- 1½ lb. skinless, boneless chicken breasts, cubed into ¾-inch size
- 1 tbsp. Greek seasoning
- Ground black pepper, as required
- 4 scallions, sliced thinly
- 1 garlic clove, minced
- ¼ C. white wine
- ¼ C. Greek olives, pitted and sliced
- ¼ C. sun-dried tomatoes, chopped
- 1 tbsp. capers, drained
- 1½ tsp. fresh oregano, minced
- 1½ tsp. fresh basil, minced
- 7 C. chicken broth
- 1½ C. uncooked orzo pasta
- 2 tbsp. fresh lemon juice
- 2 tsp. fresh parsley, finely chopped

1. In a Dutch oven, heat the oil over medium heat and cook the chicken breasts with Greek seasoning and black pepper for about 4-5 minutes or until golden brown from both sides.
2. With a slotted spoon, transfer the chicken breasts onto a plate and set aside.
3. In the same pan, add the scallions and garlic and sauté for about 1 minute.
4. Add the wine and remove the brown bits from the bottom of pan.
5. Stir in the cooked chicken, olives, tomatoes, capers, oregano, basil and broth and bring to a boil.
6. Reduce the heat to low and simmer, covered for about 15 minutes.
7. Increase the heat to medium and again bring to a boil.
8. Stir in orzo and cook for about 8-10 minutes or until desired doneness of the pasta.
9. Stir in the lemon juice and parsley and serve hot.
10. For preserving: transfer the soup into a large bowl and set aside to cool.
11. Then transfer the cooled soup into airtight containers.
12. This soup can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 298| Fat: 10.1g| Carbs: 17.4g| Fiber: 0.6g| Protein: 31.4g

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## **MEATBALLS SOUP**

**Prep Time: 20 mins.| Cook Time: 30 mins.| Serves: 6**

### **For Meatballs:**

- 8 oz. ground pork
- 8 oz. lean ground beef
- ½ C. fresh breadcrumbs
- ¼ C. fresh parsley, chopped
- 1½ tsp. fresh oregano

½ C. Parmesan cheese, shredded finely  
1 large egg  
Salt and ground black pepper, as required  
1 tbsp. olive oil

**For Soup:**

1 tbsp. olive oil  
1¼ C. yellow onion, chopped  
1¼ C. carrots, peeled and chopped  
¾ C. celery, chopped  
4 garlic cloves, minced  
5 (14½-oz.) cans chicken broth  
Salt and ground black pepper, as required  
1 C. dry orzo pasta  
6 oz. fresh spinach, chopped  
1/3 C. Parmesan cheese, shredded finely

1. For meatballs: in a bowl, add all the ingredients except for oil and mix until well combined.
2. Make small equal-sized balls from the mixture.
3. In a large non-stick wok, heat the oil over medium-high heat and cook the meatballs in 2 batches for about 4 minutes, flipping occasionally.
4. Transfer the meatballs onto a paper towel-lined plate.
5. For soup: in a large soup pan, heat the oil over medium-high heat and sauté the onion, carrots and celery for about 6-8 minutes.
6. Add the garlic and sauté for about 1 minute.
7. Stir in the broth, salt and black pepper and bring to a boil.
8. Add the pasta and meatballs and gently stir to combine.
9. Reduce the heat to medium-low and simmer, covered for about 8 minutes, stirring occasionally.
10. Stir in the spinach and simmer, covered for about 2 minutes.
11. Serve hot with the garnishing of Parmesan cheese.
12. For preserving: transfer the soup into a large bowl and set aside to cool.

- .3. Then transfer the cooled soup into airtight containers.
- .4. This soup can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 414| Fat: 13.4g| Carbs: 36.3g| Fiber: 3.6g| Protein: 35.8g

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## LENTIL SOUP

**Prep Time: 15 mins.| Cook Time: 45 mins.| Serves: 4**

- ¼ C. extra-virgin olive oil
- 2 carrots, peeled and chopped
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- ½ tsp. dried thyme
- 2 tsp. ground cumin
- 1 (28-oz.) can diced tomatoes, drained lightly
- 1 C. brown lentils, picked over and rinsed
- 4 C. vegetable broth
- 2 C. water
- Pinch of red pepper flakes
- Salt and ground black pepper, as required
- 1 C. fresh collard greens, tough ribs removed and chopped
- 1-2 tbsp. fresh lemon juice

1. In a large Dutch oven, heat the oil over medium heat and cook the carrots and onion for about 5 minutes, stirring occasionally.
2. Add the garlic, thyme and spices and sauté for about 30 seconds.
3. Stir in the tomatoes and cook for about 2-3 minutes, stirring occasionally.
4. Add the lentils, broth, water, red pepper flakes salt and black pepper and stir to combine.
5. Increase the heat to high and bring to a boil.

6. Reduce the heat to low and simmer, partially covered for about 25-30 minutes.
7. Remove from the heat and set aside to cool slightly
8. In a blender, add 2 C. of the soup and pulse until smooth.
9. Return the puréed soup into the pan with greens over medium heat and cook for about 5 minutes.
10. Remove from the heat and stir in the lemon juice.
11. Serve hot.
12. For preserving: transfer the soup into a large bowl and set aside to cool.
13. Then transfer the cooled soup into airtight containers.
14. This soup can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 388| Fat: 15.3g| Carbs: 45.3g| Fiber: 19g| Protein: 20.2g

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## **TOMATO SOUP**

**Prep Time: 15 mins.| Cook Time: 30 mins.| Serves: 8**

3 tbsp. canola oil  
2 medium onions, sliced thinly  
Salt, as required  
3 tsp. curry powder  
1 tsp. ground cumin  
1 tsp. ground coriander  
½ tsp. red pepper flakes, crushed  
1 (15-oz.) can diced tomatoes with juice  
1 (28-oz.) can plum tomatoes with juices  
6 C. vegetable broth  
¼ C. fresh basil leaves, chopped

1. In a large Dutch oven, heat the olive over medium-low heat and cook the onion with 1 tsp. of the salt for about 10-12 minutes, stirring occasionally.
2. Stir in the spices and sauté for about 1 minute.

3. Add both cans of the tomatoes alongside the juices and broth and stir to combine.
4. Increase the heat to medium-high and bring to a boil.
5. Reduce the heat to medium-low and simmer for about 15 minutes.
6. Remove from the heat and with a hand blender, blend the soup until smooth.
7. Serve immediately with the topping of basil.
8. For preserving: transfer the soup into a large bowl and set aside to cool.
9. Then transfer the cooled soup into airtight containers.
10. This soup can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 118| Fat: 6.8g| Carbs: 9.6g| Fiber: 2.7g| Protein: 5.5g

---

## **BEEF STEW**

**Prep Time: 15 mins. | Cook Time: 50 mins. | Serves: 6**

- 2 tbsp. olive oil
- 1 small yellow onion, chopped
- 2 garlic cloves, chopped
- 2 lb. beef chuck roast, cut into 1-inch cubes
- 1 (14-oz.) can crushed tomatoes
- 2 tsp. ground allspice
- 1½ tsp. red pepper flakes
- ½ C. homemade beef broth
- 6 oz. green olives, pitted
- 8 oz. fresh baby spinach
- 2 tbsp. fresh lemon juice
- Salt and ground black pepper, as required
- ¼ C. fresh cilantro, chopped

1. In a saucepan, heat the oil in a saucepan over high heat and sauté the onion and garlic for about 2-3 minutes.



2. Add the beef and cook for about 3-4 minutes or until browned, stirring frequently.
3. Add the tomatoes, spices and broth and bring to a boil.
4. Reduce the heat to low and simmer, covered for about 30-40 minutes or until desired doneness of the beef.
5. Stir in the olives and spinach and simmer for about 2-3 minutes.
6. Stir in the lemon juice, salt and black pepper and remove from the heat.
7. Serve hot with the garnishing of cilantro.
8. For preserving: transfer the stew into a large bowl and set aside to cool.
9. Then transfer the cooled stew into airtight containers.
10. This stew can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 388| Fat: 17.7g| Carbs: 8g| Fiber: 3.1g| Protein:  
485g

---

## **PORK STEW**

**Prep Time: 15 mins.| Cook Time: 3 hrs 20 mins.|  
Serves: 6**

- 1 lb. dried Great Northern beans
- 3 C. chicken broth
- 1 onion, cut into chunks
- 1 ( 14-oz.) can crushed tomatoes
- 3 carrots, peeled and cut into ½-inch pieces
- ½ lb. partially cooked garlic sausage, sliced
- 1 lb. pork shoulder, cut into 1-inch chunks
- ½ lb. bacon, cut into ½-inch chunks
- 2 tbsp. fresh parsley
- 2 tbsp. fresh thyme
- 1 tsp. ground allspice
- Salt and ground black pepper, as required
- 1 C. red wine

1. Preheat your oven to 250 °F.
2. In a large saucepan of water, add the beans and cook for about 20 minutes.
3. Drain the beans.
4. In a large casserole dish, place the beans and remaining ingredients except for wine and stir to combine.
5. Cover the casserole dish and bake for about 2 hours.
6. Uncover and stir in the wine.
7. Bake for about 1 hour more.
8. Serve hot.
9. For preserving: transfer the stew into a large bowl and set aside to cool.
10. Then transfer the cooled stew into airtight containers.
11. This stew can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 788| Fat: 43.6g| Carbs: 56.4g| Fiber: 29.7g| Protein: 59.4g

---

## TURKEY CHILI

**Prep Time: 15 mins.| Cook Time: 45 mins.| Serves: 6**

- 2 tbsp. olive oil
- 1 red bell pepper, seeded and chopped
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 lb. lean ground turkey
- 2 C. water
- 3 C. tomatoes, finely chopped
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- 1 (15-oz.) red kidney beans, rinsed and drained
- 1½ C. frozen corn, thawed
- ¼ C. scallion greens, chopped

1. In a large Dutch oven, heat the olive oil over medium-low heat and sauté bell pepper, onion and garlic for about 5 minutes.
2. Add turkey and cook for about 5-6 minutes, breaking up the chunks with a wooden spoon.
3. Add water, tomatoes and spices and bring to a boil over high heat.
4. Adjust the heat to medium-low and stir in beans and corn.
5. Simmer, covered for about 30 minutes, stirring occasionally.
6. Serve hot with the topping of scallion greens.
7. For preserving: transfer the chili into a large bowl and set aside to cool.
8. Then transfer the cooled chili into airtight containers.
9. This chili can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 270| Fat: 10.9g| Carbs: 27 g| Fiber: 6.9 g| Protein: 21.3 g

---

## BEANS CHILI

**Prep Time: 15 mins.| Cook Time: 50 mins.| Serves: 6**

1 tbsp. canola oil  
1 large white onion, finely chopped  
1 bell pepper, seeded and finely chopped  
5 garlic cloves, minced  
1 tsp. dried oregano, crushed  
1½ tsp. red chili powder  
1 tsp. ground cumin  
2 (15-oz.) cans black beans, rinsed and drained  
1 (28-oz.) can whole tomatoes with juice, crushed  
½ C. mild salsa  
3 C. frozen corn kernels  
½ C. vegetable broth  
Salt and ground black pepper, as required

¼ C. fresh cilantro, chopped

1. In a large saucepan, heat oil over medium-high heat and sauté the onion and bell pepper for about 5 minutes.
2. Add the garlic, oregano and spices and sauté for about 1 minute.
3. Add the beans, tomatoes, salsa and broth and bring to a boil.
4. Reduce the heat to low and simmer for about 15-20 minutes.
5. Stir in the corn and simmer for about 5-10 minutes.
6. Stir in the salt and black pepper and remove from the heat.
7. Serve hot with the topping of cilantro.
8. For preserving: transfer the chili into a large bowl and set aside to cool.
9. Then transfer the cooled schili into airtight containers.
10. This chili can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 349| Fat: 5.5g| Carbs: 62.8g| Fiber: 17.9g| Protein: 17.8g

---

## VEGGIE CURRY

**Prep Time: 15 mins.| Cook Time: 30 mins.| Serves: 6**

6 tbsp. olive oil, divided  
2 carrots, peeled and chopped  
1 sweet potato, peeled and cubed  
1 medium eggplant, cubed  
1 red bell pepper, seeded and chopped  
1 green bell pepper, seeded and chopped  
1 onion, chopped  
3 garlic cloves, minced  
1 tbsp. curry powder  
1 tsp. ground turmeric

1 tsp. ground cinnamon  
Salt and ground black pepper, as required  
1 (15-oz.) can chickpeas, drained and rinsed  
1 zucchini, sliced  
1 C. fresh orange juice  
¼ C. blanched almonds  
2 tbsp. raisins  
10 oz. fresh spinach

1. In a large Dutch oven, heat 3 tbsp. of oil over medium heat and sauté the carrots, sweet potato, eggplant, bell peppers and onion for about 5 minutes.
2. Meanwhile, in another medium pan, heat the remaining oil over medium heat and sauté the garlic, curry powder, cinnamon, turmeric, salt and black pepper for about 3 minutes.
3. Transfer the garlic mixture into the pan of the vegetables and stir to combine.
4. Stir in the chickpeas, zucchini, orange juice, almonds and raisins and simmer, covered for about 20 minutes.
5. Stir in the spinach and cook, uncovered for about 5 minutes.
6. Serve hot.
7. For preserving: transfer the chili into a large bowl and set aside to cool.
8. Then transfer the cooled chili into airtight containers.
9. This chili can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 323| Fat: 17.7g| Carbs: 38g| Fiber: 10g| Protein:  
8.1g

---

## **ROASTED CHICKEN**



**Prep Time: 15 mins. | Cook Time: 1 hr. 40 mins. |  
Serves: 5**

¼ C. olive oil

3 garlic cloves, minced

2tsp. fresh lemon zest, grated

2 tsp. dried oregano, crushed

1 tsp. paprika

1 tsp. cayenne pepper

1 tsp. ground cumin

½ tsp. ground fennel seeds

Salt and ground black pepper, as required

1 (3-lb.) frying chicken, neck and giblets removed

1. In a large bowl, add all the ingredients (except the chicken) and mix well.
2. Add the chicken and coat with the mixture generously.
3. Refrigerate to marinate overnight, turning occasionally.
4. Preheat your oven to 425 °F.
5. Remove the chicken from the bowl and arrange in a roasting pan.
6. Coat the chicken with marinade.
7. With a kitchen string, tie the legs and tuck the wings back under the body.
8. Roast for about 10 minutes.

9. Now, reduce the temperature of the oven to 350°F and roast for about 1½ hours.
10. Remove the roasting pan from the oven and place the chicken onto a cutting board for about 10 minutes before carving.
11. With a sharp knife, cut the chicken into desired-sized pieces and serve.
12. For preserving: place the chicken pieces onto a wire rack to cool completely.
13. Transfer the chicken pieces into heavy-duty freezer bags.
14. These chicken pieces can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 506| Fat: 18.6g| Carbs: 1.8g| Fiber: 0.7g| Protein: 79.2g

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## LEG OF LAMB

**Prep Time: 15 mins. | Cook Time: 1½ hrs. | Serves: 8**

- 1/3 C. fresh parsley, minced
- 4 garlic cloves, minced
- 1 tsp. fresh lemon zest, finely grated
- 1 tbsp. ground coriander
- 1 tbsp. ground cumin
- 1 tbsp. smoked paprika
- 1 tbsp. red pepper flakes, finely crushed
- ½ tsp. ground allspice
- 1/3 C. olive oil
- 1 (5-lb.) bone-in leg of lamb, trimmed

1. In a large bowl, add all the ingredients except leg of lamb and mix well
2. Coat the leg of lamb with marinade mixture generously.

3. With a plastic wrap, cover the leg of lamb and refrigerate to marinate for about 6-8 hours.
4. Remove from refrigerator and keep in room temperature for about 30 minutes before roasting.
5. Preheat your oven to 350 °F. Arrange the oven rack in the center of oven.
6. Arrange a Lightly greased rack in the roasting pan.
7. Place the leg of lamb over rack into the roasting pan.
8. Roast for about 1¼-1½ hours, rotating the pan once halfway through.
9. Remove from oven and place the leg of lamb onto a cutting board for about 10-15 minutes.
10. With a sharp knife, cut the leg of lamb into desired size slices and serve.
11. For preserving: place the lamb slices onto a wire rack to cool completely.
12. Transfer the lamb slices into heavy-duty freezer bags.
13. These lamb slices can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 610| Fat: 29.6 g| Carbs: 2 g| Fiber: 0.7 g| Protein: 80.1 g

---

## **BRAISED LAMB SHANKS**

**Prep Time: 15 mins.| Cook Time: 3 hrs 25 mins.|**

**Serves: 4**

- 1 tbsp. vegetable oil
- 4 (½-lb.) lamb shanks
- 2 C. green olives, pitted
- 3 carrots, peeled and cut into ½-inch pieces
- 1 large celery root, peeled and cut into ½-inch pieces
- 1 large onion, minced
- 1 garlic clove, minced
- 2 tbsp. fresh ginger, grated



1 C. red wine  
4 plum tomatoes, peeled, seeded and chopped  
2 tbsp. lemon rind, grated  
1 bay leaf  
¼ tsp. ground cinnamon  
¼ tsp. ground coriander  
¼ tsp. ground cumin  
½ tsp. red pepper flakes, crushed  
3 C. low-sodium chicken broth  
Salt and ground black pepper, as required  
¼ C. fresh parsley leaves, minced  
¼ C. fresh cilantro leaves, minced

1. In a large, heavy-bottomed pan, heat the oil over medium heat and sear the shanks for about 5 minutes per side or until golden brown.
2. With a slotted spoon, transfer the shanks onto a plate and set aside.
3. In the same pan, add the olives, carrots, celery, onion, garlic and ginger over medium heat and cook for about 5 minutes, stirring frequently.
4. With a slotted spoon, transfer the vegetables onto a plate and set aside.
5. In the same pan, add the wine over high heat and cook for about 5 minutes, scraping up the brown bits
6. Add the shanks, vegetables, tomatoes, lemon rind, bay leaf and spices and stir to combine.
7. Reduce the heat to medium-low and simmer, covered partially for about 3 hours.
8. Stir in the salt and black pepper and remove from the heat.
9. Serve immediately with the garnishing of parsley and cilantro.
10. For preserving: transfer the braised lamb shanks into a large bowl and set aside to cool.

1. Then transfer the braised lamb shanks into airtight containers.
2. These braised lamb shanks can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 554 | Fat: 24.9g | Carbs: 35.5g | Fiber: 10.9g | Protein: 37.7g

---

## **FLANK STEAK**

**Prep Time: 10mins. | Cook Time: 8 mins. | Serves: 4**

2 tbsp. butter

4 (6-oz.) flank steaks

Salt and ground black pepper, as required

1. In a wok, melt butter over medium-high heat and cook the steaks with salt and black pepper for about 3-4 minutes per side.
2. Serve hot.
3. For preserving: place the steaks onto a wire rack to cool completely.
4. Transfer the steaks into heavy-duty freezer bags.
5. These steaks can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 381 | Fat: 19.9g | Carbs: 0g | Fiber: 0g | Protein: 47.4g

---

## **BRAISED BEEF**

**Prep Time: 105 mins. | Cook Time: 1 hr. 55 mins. | Serves: 8**

¼ C. vegetable oil

3 lb. boneless beef chuck roast, cut into 1½-inch cubes

3 celery stalks, chopped

2 onions, chopped  
4 garlic cloves, minced  
2 (28-oz.) cans stewed tomatoes  
1 C. dry red wine  
½ C. fresh parsley, chopped  
1 tsp. dried oregano  
Salt and ground black pepper, as required

1. In a large saucepan, heat the oil over medium-high heat and sear the beef cubes for about 4-5 minutes.
2. Add the celery, onions and garlic and cook for about 5 minutes, stirring frequently.
3. Stir in the remaining ingredients and bring to a boil.
4. Reduce heat to low and simmer, covered for about 1½-1¾ hours or until desired doneness of beef.
5. Serve hot.
6. For preserving: transfer the braised beef into a large bowl and set aside to cool.
7. Then transfer the braised beef into airtight containers.
8. This braised beef can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 453| Fat: 17.9g| Carbs: 12.1g| Fiber: 3.3g| Protein: 53.9g

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## **PORK TENDERLOIN**

**Prep Time: 15 mins.| Cook Time: 22 mins.| Serves: 3**

1 tsp. fresh rosemary, minced  
1 garlic clove, minced  
1 tbsp. balsamic vinegar  
1 tbsp. olive oil  
1 tsp. fresh lemon juice  
1 tsp. Dijon mustard  
1 tsp. Erythritol

Salt and ground black pepper, as required  
1 lb. pork tenderloin

1. Preheat oven to 400 °F.
2. Grease a large rimmed baking sheet.
3. Add all ingredients except for pork tenderloin in a mixing bowl and beat until well combined.
4. In the bowl, add pork tenderloin and coat with the mixture generously.
5. Arrange the pork tenderloin onto the prepared baking sheet.
6. Bake for approximately 20-22 minutes.
7. Remove the baking sheet from oven and place the pork tenderloin onto a cutting board for about 5 minutes.
8. With a sharp knife, cut the pork tenderloin into  $\frac{3}{4}$ -inch thick slices and serve.
9. For preserving: place the pork tenderloin slices onto a wire rack to cool completely.
10. Transfer the pork slices into heavy-duty freezer bags.
11. These pork slices can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 262| Fat: 10.1g| Carbs: 0.8g| Fiber: 0.3 g| Protein:  
39.7 g

---

## **GROUND LAMB WITH PEAS**

**Prep Time: 15 mins.| Cook Time: 40 mins.| Serves: 4**

2 tbsp. extra-virgin olive oil  
1 lb. lean ground lamb  
1 large white onion, chopped finely  
2 garlic cloves, minced  
 $\frac{1}{2}$  tbsp. fresh ginger, minced  
1 tsp. ground coriander  
1 tsp. ground cumin

¼ tsp. red chili powder  
2 medium tomatoes, seeded and chopped  
½ C. low-sodium chicken broth  
Salt and ground black pepper, as required  
2¼ C. fresh green peas, shelled  
2 tbsp. fresh cilantro, chopped

1. In a large cast-iron skillet, heat the oil over medium heat and cook the lamb for about 4-5 minutes or until browned completely.
2. With a slotted spoon, transfer the lamb into a large bowl.
3. In the same skillet, add onion and sauté for about 4-6 minutes.
4. Add garlic, ginger, coriander, cumin and chili powder and sauté for about 1 minute.
5. Add tomatoes and cook for about 2-3 minutes, crushing completely with the back of the spoon.
6. Stir in the lamb and broth and bring to a boil.
7. Reduce the heat to medium-low and simmer, covered for about 8-10 minutes, stirring occasionally.
8. Stir in peas and cook for 15-20 minutes.
9. Remove from heat and serve hot with the garnishing of cilantro leaves.
10. For preserving: transfer the lamb mixture into a large bowl and set aside to cool.
11. Then transfer the lamb mixture into airtight containers.
12. This lamb mixture can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 389| Fat: 17.5g| Carbs: 18.9g| Fiber: 6.3g| Protein: 38.4g

---

## **MEATLOAF**

**Prep Time: 20 mins. | Cook Time: 1¼ hrs. | Serves: 10**

1 lb. lean ground pork  
1 lb. lean ground beef  
½ C. yellow onion, chopped  
½ C. bell pepper, seeded and chopped  
2 garlic cloves, minced  
1 C. cheddar cheese, grated  
¼ C. ketchup  
¼ C. steak sauce  
2 eggs, beaten  
1 tsp. dried thyme, crushed  
Ground black pepper, as required  
3 C. fresh spinach, chopped  
2 C. mozzarella cheese, grated freshly

1. Preheat your oven to 350 °F. Lightly grease a baking dish.
2. In a large bowl, add all the ingredients except spinach and mozzarella cheese and mix until well combined.
3. Place a large wax paper onto a smooth surface.
4. Place the meat mixture over wax paper.
5. Place the spinach over meat mixture, pressing slightly.
6. Top with the mozzarella cheese evenly.
7. Roll the wax paper around meat mixture to form a meatloaf.
8. Carefully remove the wax paper and place the meatloaf onto the prepared baking dish.
9. Bake for about 1-1¼ hours.
10. Remove from the oven and set aside for about 10 minutes before serving.
11. With a sharp knife, cut into desired slices and serve.
12. For preserving: place the meatloaf slices onto a wire rack to cool completely.
13. Transfer the meatloaf slices into heavy-duty freezer bags.
14. These meatloaf slices can be preserved in the freezer for 3-5 months.

Per Serving:

Calories: 244| Fat: 10.2g| Carbs: 5g| Fiber: 1g| Protein: 31.8g

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## MINI VEGGIE PIES

**Prep Time: 25 mins.| Cook Time: 53 mins.| Serves: 6**

### **For Topping:**

3 medium Yukon Gold potatoes, peeled and cubed  
3 C. fresh kale, trimmed and chopped  
1 scallion, chopped  
1½ tbsp. coconut oil, softened  
¾ C. coconut milk  
1/8 tsp. freshly ground nutmeg  
Salt, as required

### **For Filling:**

1½ tbsp. olive oil, divided  
14-oz. vegetarian sausage, crumbled  
2 medium carrots, peeled and finely chopped  
1 medium onion, chopped  
3 celery stalks, chopped  
1 C. cabbage, chopped  
2 garlic cloves, minced  
Salt and ground black pepper, as required  
2 tbsp. all-purpose flour  
½ C. vegetable broth  
½ C. Guinness stout  
2 tsp. Worcestershire sauce  
1 C. frozen green peas, thawed  
¼ C. fresh parsley, chopped

1. Preheat your oven to 400 °F.
2. For topping: in a saucepan of the water, add the potatoes over high heat and bring to a boil.
3. Reduce the heat to low and simmer for about 25 minutes.
4. Drain the potatoes and return in the same pan.

5. With a potato masher, mash the potatoes and cover the pan.
6. Meanwhile, in another pan, add the remaining topping ingredients and bring to a gentle simmer.
7. Simmer, covered for about 10-12 minutes, stirring occasionally.
8. Transfer the kale mixture in the pan of potatoes and stir to combine.
9. Meanwhile, for filling: in wok, heat 1 tbsp. of the oil over medium-high heat and cook the vegetarian sausage for about 4-5 minutes or until browned completely.
10. Transfer the cooked sausage onto a plate.
11. In the same wok, heat the remaining oil and cook onion, carrot, celery, cabbage, garlic, salt and black pepper for about 10-12 minutes.
12. Add the flour and stir until well coated with vegetables.
13. Add the broth, Guinness and Worcestershire sauce and cook until mixture becomes thick, stirring continuously.
14. Add the sausage, peas and parsley and cook for about 2-3 minutes.
15. In 6 mason jars, divide filling mixture and top with the topping mixture evenly.
16. Arrange the jars onto a rimmed baking sheet and bake for about 20 minutes.
17. Now, switch the oven settings to broiler.
18. Broil for about 1-3 minutes or until top becomes golden brown.
19. Remove from the oven and serve warm.
20. For preserving: Remove the jars from oven and set aside to cool completely.
21. Remove the pies from jars and transfer into heavy-duty freezer bags.
22. These pies can be preserved in the freezer for 2-3 months.



Per Serving:

Calories: 392| Fat: 18.9g| Carbs: 36.5g| Fiber: 8.3g| Protein:  
19.5g

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## ASPARAGUS RISOTTO

**Prep Time: 15 mins.| Cook Time: 45 mins.| Serves: 4**

15-20 fresh asparagus spears, trimmed and cut into 1½-inch pieces

2 tbsp. vegetable oil

1 shallot, chopped

1 C. onion, chopped

1 garlic clove, minced

1 C. Arborio rice

1 tbsp. fresh lemon zest, grated finely

2 tbsp. fresh lemon juice

½ C. white wine

5 C. hot vegetable broth

1 tbsp. fresh parsley, chopped

¼ C. Parmesan cheese, shredded

Salt and ground black pepper, as required

1. In a medium pan of boiling water, add the asparagus and cook for about 2-3 minutes.
2. Drain the asparagus and rinse under cold water. Set aside.
3. In a large saucepan, heat oil over medium heat and sauté the onion for about 4-5 minutes.
4. Add the garlic and sauté for about 1 minute.
5. Add the rice and stir fry for about 2 minutes.
6. Add the lemon zest, juice and white wine and cook for about 2-3 minutes or till all the liquid is absorbed, stirring gently
7. Add 1 C. of broth and cook until all the broth is absorbed, stirring occasionally.

8. Repeat this process by adding  $\frac{3}{4}$  C. of broth at one time, stirring occasionally. (This procedure will take about 20-30 minutes)
9. Stir in the cooked asparagus and remaining ingredients and cook for about 3-4 minutes.
10. Serve hot.
11. For preserving: transfer the risotto into a large bowl and set aside to cool.
12. Then transfer the risotto into airtight containers.
13. This risotto can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 241| Fat: 6.9g| Carbs: 31.8g| Fiber: 2.6g| Protein: 9.1g

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## BARLEY RISOTTO

**Prep Time: 15 mins. | Cook Time: 1 hr. | Serves: 4**

- $\frac{1}{2}$  C. pearl barley
- $1\frac{1}{4}$  C. vegetable broth
- 2 tbsp. vegetable oil, divided
- 2 garlic cloves, minced
- $\frac{1}{2}$  C. onion, chopped
- $\frac{1}{2}$  C. eggplant, sliced thinly
- 1 C. bell pepper, seeded and chopped
- 2 tbsp. fresh cilantro, chopped
- 2 tbsp. fresh mint leaves, chopped
- 1 tsp. white sugar
- 1 tbsp. soy sauce

1. In a saucepan, add the barley and broth over medium-high heat and bring to a boil.
2. Immediately, reduce the heat to low and simmer, covered for about 45 minutes or until all the liquid is absorbed.

3. In a large wok, heat 1 tbsp. of oil over high heat and sauté the garlic for about 1 minute.
4. Stir in the cooked barley and cook for about 3 minutes.
5. Remove from heat and set aside.
6. In another wok, heat the remaining oil over medium heat and sauté the onion for about 4-5 minutes.
7. Add the eggplant and bell pepper and stir fry for about 3-5 minutes.
8. Stir in the remaining ingredients and cook for about 2-3 minutes.
9. Stir in the barley mixture and cook for about 2-3 minutes.
10. Serve hot.
11. For preserving: transfer the risotto into a large bowl and set aside to cool.
12. Then transfer the risotto into airtight containers.
13. This risotto can be preserved in the freezer for 2-3 months.

Per Serving:

Calories: 187| Fat: 7.6g| Carbs: 25.9g| Fiber: 5.2g| Protein:  
4.7g

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# CONCLUSION

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Now that you have all the recipes to water can range of food at home, you can ensure better food security and safety for you and your family. The 500 canning and preservation recipes shared here are enough to get you started. If you only want to rely on home-canned food products, then don't hesitate to invest a little to buy all the basic tools and jars. This one-time investment is better than buying processed canned products from stores which only comprise your health. Follow the canning recipes and the guidelines to safely can your food. You will definitely end up loving home-canning; I know I did!

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