



The Prepper's

WATER BATH

CANNING AND PRESERVING

COOKBOOK



1200 DAYS

OF SIMPLE, FAST & AFFORDABLE RECIPES TO WATER BATH AND PRESSURE CANNING FOR VEGETABLES MEATS, MEALS IN A JAR AND MORE



Walter Jackson



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Recipes to Water Bath and Pressure
Canning for Vegetables, Meats,Meals in a
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Introduction

After obtaining food, food preservation comes in second. In today's society, we are used to meals having very lengthy shelf lives since preservatives are often added. You can't just add sodium nitrite or calcium phosphate when you're in the game of collecting, hunting, and cultivating your own food—and, to be honest, you don't even want to. Better methods exist without the need for further processing or chemical additions.

For thousands of years, people have developed methods for preserving food and extending their lives. Feast and famine cycles were the only means of survival for humans before agriculture was invented. You had to collect much more food than you required during the harvest season and then attempt to store it for the whole winter. Keeping the food safe for the sailors was important since seafarers had to manage dozens or even hundreds of people aboard a boat for lengthy trips without replenishment. Look at how people survived on transatlantic journeys between the 16th and 19th centuries to see how seriously individuals prepared and rationed.

Basics of Canning: Techniques and Safety Advice for Preserving

Canning is simple and fantastic for preserving food. If you haven't done it before, you undoubtedly already know that it's a popular pastime, particularly among those who own their own farms and gardens. The versatility of canning is one of its many advantages. Nearly anything may be canned, including salsa, soup, and ground beef.

You should always use this technique to preserve food. Although it's called "canning," it ought to be named "jarring."

It is a really easy procedure. Your food may be preserved for years if done properly. They may be kept (theoretically) eternally in an ideal setting. However, because the world isn't ideal, you'll have to make do with storing your food for two to five years. Particularly for items like meats that are very perishable, that is an impressively long period of time to preserve food in an edible form. Although they may be kept for even longer, doing so can degrade their taste, texture, or nutritional value. However, you may rely on a two-year lifespan if you know what you're doing.

You just really need to buy a canner pressure cooker. These might seem a bit pricey for a kitchen item that just serves one purpose, but over time, they pay for themselves. If you don't already own one, I highly advise you to go out and get a canner pressure cooker since they are excellent investments. I'm not talking about the Instant Pot; it's one of the finest appliances to have in anyone's kitchen if you're prepared. These are designed particularly to increase the quality and security of your tinned goods. It's possible that

your granny just used a kettle of boiling water. Although it works, it isn't the ideal approach. Canning enthusiasts no longer engage in that activity. Due to how much less safe and dependable it is, it is severely discouraged.

You should also get some jars and lids for yourself. Additionally, because lids and rings can't be reused, you should have plenty of extras. It's necessary to sterilize the jars and lids. It would be fantastic if you could chemically disinfect it using antibacterial soap. If not, you should boil the jars and lids before thoroughly cleaning them with a fresh sponge. Any bacteria or germs present may feast on whatever you can find and consume it before you do.

Have everything ready to go and set up before you start canning. Prepare your pressure cooker by turning on the heat, boiling some water, and placing the bottom platform. Clean jars and lids, and prepare the food.

Whatever you are canning has to fill the jar all the way to the top groove where the ring screws in. That often entails adding fluids. I add bone broth to meats. I may pickle veggies by adding water, salt, or even vinegar. Whatever you decide, there must not be any air present below the jar's neck. There are several crevices in crumbled ground beef that may become airtight if you are preserving it. Remove any air bubbles with care. Poke it with a spoon and give it a little tap on the table. Do not omit this phase. Even while it may seem like a bit of extra effort today, you'll be really grateful you did it correctly the first time if you find yourself without food in two years.

The rims of the jars should be as spotless as possible after they have been filled. Utilize a cloth that is quite clean. Once again, you don't want any stray tiny companions hanging around.

Place the lids on top of the jars without touching them with your hands. Your hands are coated with a variety of disgusting unseen microorganisms that would love nothing

more than to enter that container. Because of this, you may either use a special tool or gloves that you are certain are secure to pick up the sterilized lids and attach them to the sterilized jars without using your hands. Then tighten the lids as much as possible with only your fingers, avoiding the use of your palms and a firm grip. We want the leftover air to have a way out because when it heats up, it will want to leave.

Right-side up, place the jars in the boiling water and cover them with the lids. For 75 minutes, they will be cooked under pressure. The little amount of air at the top of the jar will be disturbed by the heat, forcing it to leave and resulting in a suction action. This will keep a vacuum in the last jar and hold the lead and ring in place.

Allow them to naturally cool off after they are finished. Avoid trying to hasten the cooling process by splashing cold water over them, since this might cause them to break. You've accomplished a good seal if you can push the top of the lid and it doesn't yield or "pop" back up. To make sure you consume the contents of the can before it expires, note the date and the year.

Before using a pressure cooker, you should always read the instructions carefully. A pressure cooker may be quite hazardous if you don't know what you're doing. Consider the horrific example of the pressure cooker-containing bomb that terrorists detonated at the 2013 Boston Marathon on helpless spectators. So please, stay secure.

Personally, I like my meat cooked at least a little when I can get it—just barely browned if it's beef, or the pink removed if it's pork or chicken. Does this help in maintaining it? Sincerely, I don't know. I'm sure it doesn't hurt and that it provides me with piece of mind. You want to make sure that all of the meat is consumed or kept before it spoils after a deer hunt or animal slaughter.

Fermentation (Processes and Stages)

It's literally a live process, fermentation. Food that has been fermented adds many tastes, is a fantastic way to preserve food, and is also very helpful for your digestive system. A small amount of kimchi or sauerkraut in the morning may be a terrific approach to maintaining optimal gut health.

Pickling anything is as simple as "canning" something. An age-old method of preserving food is fermentation, which just requires the addition of time, salt, and/or vinegar.

When food isn't handled properly, it breaks down and goes bad. The method of managing that natural process is called fermentation. Mold and yeast are examples of microbes that consume sugars and starches and produce alcohol and gas as byproducts. The goal of our controlled fermentation is to let the good bacteria and other microorganisms do their jobs while keeping out the bad ones.

Lactic, alcoholic, and acetic fermentation are the three types of the process. We're discussing lactic acid for the sake of this book. The procedure is identical if you want to manufacture vodka, but you'll need a different book for that.

We employ lactic fermentation to give vegetables a distinctive, sour taste by producing lactic acid. Anaerobic, or an atmosphere without oxygen, is required for this. The items we are fermenting must thus be thoroughly immersed in liquid.

For fermenting, you may use the same jars that you would use for canning, and you should clean them the same way. Also wash the veggies. Any vegetable may be chopped to your chosen size as long as it will fit in the jar. After that, add water until they are all submerged. I mean fully; even a

little amount, such as 1/16th of an inch, may cause the whole jar to break.

Then salt is added. It's easy to calculate how much salt to add. The weight of the salt is determined by multiplying the total weight of the veggies and water by 0.025. For instance, you need 0.225 oz of salt if the vegetables weigh 6 oz and the water weighs 3 oz. $(6+3) * 0.025 = 0.225$

Shake it with the lid on until the salt is all dissolved. After the salt has dissolved, you may open the jar and stir the contents about or press them down, but always make sure the vegetables are thoroughly buried. Some individuals add something to the meal to push or weigh it down, which is a totally acceptable approach if they are being bothersome.

The gases will remain within if the cap is tightened, which will cause a little carbonation. Some individuals favor that. If you don't, you may alternatively use a tiny airlock or leave the lid on slightly to let the gas out. Some individuals just barely leave a lid on, just enough to keep out dust and insects. That is not a concern.

Maintain a temperature of 60 to 75 degrees Fahrenheit for your fermenting vegetables. If you can't locate a suitable location within your house, dig a hole a foot deep and bury them there to keep them cool and out of the sun. Many Korean households still prepare kimchi using this approach, which was the country's traditional method. Just be sure you bury a marker so you don't lose track of where it is.

The beneficial microorganisms will eliminate all the undesirable germs from our fermentation process in less than a day. Sugars will begin to be consumed by Lactobacillus, who will then turn them into acids. You could begin to see bubbles in four to five days, which indicates that it is functioning well. The taste will get tangier and more funky as it cooks.

If you don't fully immerse them, mold will start to form on the exposed areas, letting you know the item is damaged.

Pickling

It's basically the same procedure, except you'll be using a vinegar and water mix. To calculate your salt quantity, increase this weight by 0.05, then season to taste. In the next chapter, we'll go a bit more into pickling.

Freezing

Make use of a freezer if you have access to one. Consider getting a chest freezer if you don't already have one. Many households buy halves or halves of cows. Although it costs a lot of money and meat up front, the amount you will save over time will make it an unbeatable deal.

If you reside in a region where the winters are chilly, you may keep your food outdoors. Everything outside is a freezer in January. Just be cautious to keep any animals from sniffing it out. However, it's not the ideal choice for you. The dangers exist. Bears and coyotes may be attracted to food. The weather is as unpredictable as a freezer's temperature. The food might start to rot as soon as the temperature rises above 40 degrees Fahrenheit. It must be protected with something that is rat-proof, coyote-proof, bear-proof, and raccoon-proof, among other things.

Eat the meat you have if it has defrosted, or dispose of it. I highly advise against attempting to refreeze it.

Dehydrating

You already have everything you need if you have a working dehydrator. If not, a standard oven will do just fine. In addition, you need airtight jars to keep them in.

Set the oven's temperature to its lowest possible level. Place the food on a wire rack to allow air to circulate over and beneath it; otherwise, the tops will dry out while the bottoms will remain soggy. You must have patience since this

may take some time. Don't hurry it by turning up the heat; otherwise, you risk having a damp inside and a dry outside. Fruits with a lot of water will need more time. The meal will dry up more quickly if it is sliced thinner.

Although it might speed up the process, adding salt will make the meal salty and remove water from the food's surface. Not so great for cranberries, but excellent for venison.

Drying might take a variety of times depending on several variables. Climate factors include the amount of humidity, temperature, height, and air movement. There is no hard and fast rule for how long something should be allowed to dry; however, this usually takes 4-6 hours. It is dry when it is dry. Continue until the substance is dry if it isn't.

You are not yet aware of how dry it is if it is still warm. The drying process will make warm food seem wetter than it really is. You will only be able to determine how dry it is once it has cooled to room temperature and released a significant amount of moisture. To accurately measure your progress, take samples out of the drying process every so often and let them cool.

The food will be safe to consume after it has been dehydrated for approximately as long as you can keep it dry. Put your dried goods in a glass container with a tight lid. But you must follow up on it. Shake it around in the container. It is dry if it clinks. It is still moist if it thuds. At the first sound of thudding, put it back in the oven to further dehydrate it because if it gets wet, it will start to develop mold. Additionally, keep an eye out for any condensation or moisture. It isn't dry enough if the food adheres to the sides or to one another.

If you see mold developing, the game is over. Eliminate it. Get rid of it if you open it and detect a strange odour. Clear out the jar completely.

Food that has been properly dried may survive for up to two years. But be sure to continue monitoring it daily. Look for indications that it isn't as dry as it should be by shaking it around.

Red meat and fish can be dried, but they won't keep as long as fruits and vegetables do. Do not attempt to dry pork or chicken. It's much too dangerous. Even though some people have convinced me that it's possible, I can't talk about it honestly without telling you not to do it.

Smoking

Without the proper tools, this is difficult to do. It will work if you have a charcoal or pellet grill that can smoke. Consider creating a smokehouse specifically for the procedure if you need to serve a large number of people or want to smoke significant quantities of food over an extended period of time.

The fact that smoking is delightful is its main advantage. Fish smoked over an open flame is delicious. a little bit, but not nearly as much as the other methods we've talked about in this chapter.

Salting

the initial Salt was a very precious item in the ancient world since people had been salting food for a very long time. Salt is essential to food preservation. No provisioning implies no boat trip. Without navigation, there could be no empire. Maybe the whole course of history depends on something as simple as what people eat, but that's a different topic.

If you have a lot of salt available, you may use it to keep meat and fish fresh for a while without refrigeration. Water is removed by salt. Without moisture, germs and microorganisms can't live for very long, so your meat may become uninhabitable to the creatures that cause it to spoil.

This is not my preferred method, and it won't be effective with many things. A decent salting is sufficient to prepare

meat for a weeklong journey. Additionally, it has the unavoidable bad consequence of making the meal very salty. It's a terrific option to add salted meat to the broth in a stew or soup since it seasons the dish on its own and eliminates the need for additional salt.

Jams, and marmalades Recipes

Peach Spice Jam

Preparation time: 5 minutes

Cooking time: 15-25 minutes

Servings: 2 pint jars

Ingredients:

- 8-9 large peaches, pitted
- 3 cups sugar
- Juice and rind of 1/2 lemon
- 1/4 teaspoon allspice (optional)
- 1/4 teaspoon cloves (optional)

Directions:

1. Removing pits and damaged bits from peaches
2. Parboil peaches in a big pot with just enough water to prevent them from burning. After the peaches have softened, pass them through a food mill.
3. Add the peaches and enough water to cover a large saucepan or cooking pot. Cook until soft, then drain.
4. Transfer to a food processor or blender. To prepare a puree, thoroughly blend all of the ingredients.
5. Add the puree and other ingredients to the pot or pan.
6. Cook over medium-low heat until the mixture is solid and thick, about 220 degrees Fahrenheit. Swirl constantly to avoid burning.
7. Pour the heated liquid straight into pre-sterilized jars or use a jar funnel. Keep a 1/4-inch headspace from the jar's top.
8. Set a nonmetallic spatula down and gently stir the mixture to dislodge microscopic air bubbles.
9. Wipe the sealing edges clean. Attach the lids to the jars and adjust the bands/rings to seal and prevent leaks.

10. Place the jars somewhere cold, dry, and dark. Allow them to totally cool off.

11. Keep it in the refrigerator for later use.

Per serving: Calories: 435kcal, Fat: 1.4g, Carbs: 11.4g, Protein: 5.1g

Blackberry Lemon Jam

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2-3 pint jars

Ingredients:

- 4 cups blackberries, mashed
- 1 cup white sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon lemon juice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice

Directions:

1. Combine the sugar and crushed blackberries in a large saucepan or cooking pot.
2. In a mixing dish, combine 1 teaspoon of the blackberry mixture with the cornstarch.
3. To the pot mixture, add the cornstarch mixture.
4. Cook for approximately 15 minutes over medium-low heat until solid and thick, or until the thermometer reaches 220F. Stir constantly to avoid burning.
5. Combine the spices and lemon juice in a mixing bowl.
6. Pour the heated liquid straight into pre-sterilized jars or use a jar funnel. Keep a 1/4-inch headspace from the jar's top.
7. Set a nonmetallic spatula in the liquid and gently swirl the liquid to separate microscopic air bubbles.
8. Wipe the sealing edges clean. Attach the lids to the jars and adjust the bands/rings to seal and prevent leaks.

9. Place the jars somewhere cold, dry, and dark. Allow

Per serving: Calories: 213kcal, Fat: 4g, Carbs: 21g, Protein: 3.1g

Rhubarb Orange Jam

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 3-4 pint jars

Ingredients:

- 2 cups white sugar
- 2 teaspoons grated orange zest
- 2 1/2 pounds rhubarb, chopped
- 1/2 cup water
- 1/3 cup orange juice

Directions:

1. Combine the rhubarb, sugar, orange zest, orange juice, and water in a large saucepan or cooking pot.
2. Cook for 45 minutes over medium-low heat until hard and thick, or until the thermometer reaches 220F. Stir constantly to avoid burning.
3. Pour the heated liquid straight into pre-sterilized jars or use a jar funnel. Keep a 1/4-inch headspace from the jar's top.
4. Insert a nonmetallic spatula and gently swirl the liquid to separate microscopic air bubbles.
5. Wipe the sealing edges, replace the lids, and adjust the bands or rings to seal and prevent leaking.
6. Place the jars somewhere cold, dry, and dark. Allow them to totally cool off.
7. Keep it in the refrigerator for later use.

Per serving: Calories: 322kcal, Fat: 2.1g, Carbs: 23g, Protein: 15g

Pear and Pineapple Jam

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 6 pint jars

Ingredients:

- 2 pounds pears, peeled, pitted, and chopped
- 1-pound pineapple, peeled, cored, and chopped
- 1 tablespoon lemon juice
- 1 cup sugar
- Zest from 1 lemon

Directions:

1. In a water bath canner, sterilize the bottles. Allow the bottles to cool completely.
2. Bring all of the ingredients to a boil in a pot over medium heat.
3. Set the heat to medium-low and cook for 15 minutes, stirring regularly.
4. Turn off the heat and set it aside to cool somewhat.
5. Remove the air bubbles from the mixture and transfer it to sterilized bottles. Put the cover back on.
6. Bring a water-bath canner to the table and process for 10 minutes.
7. used within a year.

Per serving: Calories: 174kcal, Fat: 0.4 g, Carbs: 44.8 g, Protein: 1.1 g

Blackberry Jam

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 10 pint jars

Ingredients:

- 5 cups blackberries

- 2 cups sugar
- 2 tablespoons lemon juice

Directions:

1. In a water bath canner, sterilize the bottles. Allow the bottles to cool completely.
2. In a saucepan, combine all of the ingredients. Allow it to boil for 10 minutes while regularly stirring. Reduce the heat to low and continue to cook until the sauce thickens.
3. Remove it from the heat and set it aside to cool somewhat.
4. Remove the air bubbles from the mixture and transfer it to sterilized bottles. Put the cover back on.
5. process for 10 minutes in a water bath canner.
6. used within a year.

Per serving: Calories: 196kcal, Fat: 0.2g, Carbs: 49.7g, Protein: 1.7g,

Blackcurrant Jam

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 9 pint jars

Ingredients:

- 3 pounds blackcurrants
- 2 1/2 pounds sugar
- 3 tablespoons lemon juice, freshly squeezed

Directions:

1. In a water bath canner, sterilize the bottles. Allow the bottles to cool completely.
2. In a saucepan, combine all of the ingredients. Allow it to come to a boil over medium heat. Swirl the mixture regularly to keep it from burning. Reduce the heat to

low and continue to parboil for 10 minutes, or until the mixture thickens.

3. Remove it from the heat and set it aside to cool somewhat.
4. Remove the air bubbles from the mixture and transfer it to sterilized bottles. Put the cover back on.
5. process for 10 minutes in a water bath canner.
6. used within a year.

Per serving: Calories: 587kcal, Fat: 0.6g, Carbs: 149g, Protein: 2.1g

Honeyberry Jam

Preparation time: 15 minutes

Cooking time: 25 minutes

Servings: 6 half pint jars

Ingredients:

- 2 cups honeyberry fruit
- 2 cups sugar

Directions:

1. In a water bath canner, sterilize the bottles. Allow the bottles to cool completely.
2. In a saucepan, combine all of the ingredients. Using a potato masher or a ladle, macerate the berries.
3. Increase the heat to medium-high and bring the mixture to a boil while continually stirring. Reduce the heat to medium-low and continue to simmer for 15 minutes, or until the mixture thickens.
4. Remove it from the heat and set it aside to cool somewhat.
5. Remove the air bubbles from the mixture and transfer it to sterilized bottles. Put the cover back on.
6. Bring a water-bath canner to the table and process for 10 minutes.

7. used within a year.

Per serving: Calories: 190kcal, Fat: 0.01g, Carbs: 48.9g, Protein: 0.3g

Blueberry Vanilla Jam

Preparation time: 15 minutes

Cooking time: 22 minutes

Servings: 22 half pint jars

Ingredients:

- 6 large canning bottles
- 1 1/4 pounds blueberries, rinsed and stems removed
- 3/4 cup granulated sugar
- 2 tablespoons lemon juice
- 1/2 vanilla bean pod, seeds scraped
- 1 teaspoon pectin

Directions:

1. In a water bath canner, sterilize the bottles. Allow the bottles to cool completely.
2. In a saucepan, mash all the ingredients except the pectin until the blueberries are macerated.
3. Turn up the heat and let it boil for 10 minutes, stirring regularly. Remove the vanilla bean pod and combine it with the pectin. Stir for another 2 minutes, or until the mixture thickens.
4. ladled into sterilized jars, leaving 1/4 inch headspace. Screw the lid on after removing the air bubbles.
5. Place in a water bath canner and process according to the manufacturer's directions.
6. 10 minutes in the processor.
7. Once opened, keep the bottles refrigerated and use them within a year.

Per serving: Calories: 38kcal, Fat: 0.2g, Carbs: 9.2g, Protein: 0.19g,

Mandarin Orange Jam

Preparation time: 15 minutes

Cooking time: 22 minutes

Servings: 5 pint jars

Ingredients:

- 5 bottling jars with lid
- 2 pounds mandarin oranges, peeled and seeded (about 10 to 12 oranges)
- Juice from 1 lemon, freshly squeezed
- 1 cup sugar

Directions:

1. In a water bath canner, sterilize the bottles.
2. Roughly chop the Mandarin oranges. In a saucepan, combine all of the ingredients except the pectin and cook over medium heat. Stir regularly for 10 minutes to prevent the bottom from scorching.
3. Stir in the pectin for another 2 minutes.
4. Turn off the heat and set it aside to cool.
5. Transfer the orange jam to the sterilized bottles, leaving 1/4 headspace at the top. Get rid of the air bubbles. Put the cover back on.
6. Fill the water bath canner halfway with bottles. 10 minutes in the processor.
7. used within a year.

Per serving: Calories: 169kcal, Fat: 0.2g, Carbs: 41.6g, Protein: 1.3g

Maple Blackberry Jam

Preparation time: 15 minutes

Cooking time: 60 minutes

Servings: 6 half pint jars

Ingredients:

- 6 canning bottles
- 6 cups blackberries, crushed
- 1 1/2 cup pure maple syrup
- Zest and juice from one lemon

Directions:

1. In a water bath canner, sterilize the bottles. Allow the bottles to cool completely.
2. Bring all of the ingredients to a simmer in a saucepan. Cook for 50 minutes over medium-low heat, stirring regularly, until the liquid thickens.
3. Dip an old spoon into the jam and gently tilt it. The jam is done when it flows off in a sheet and the liquid does not drop.
4. Allow the mixture to cool somewhat before transferring it to the sanitized bottles.
5. Get rid of any air bubbles in the mixture. Set the cover on the canner and place it in the water bath canner.
6. 10 minutes in the processor.
7. Keep it in a cold, dark area and use it within a year.

Per serving: Calories: 379kcal, Fat: 0.4g, Carbs: 96g, Protein: 2.9g

Lemon Honey marmalade

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 12 pint jars

Ingredients:

- 8 cups lemons, chopped
- 6 oz. liquid pectin
- 1 1/2 cups water

- 4 cups sugar
- 2 cups honey

Directions:

1. In a saucepan, combine the lemons, sugar, water, and honey; bring to a boil over medium heat.
2. So simmer for 30 minutes on low heat.
3. Then boil for 5 minutes after adding the pectin. Constantly stir.
4. Remove the pan from the heat. Fill the jars with the marmalade. Allow 1/2 inch of headroom. Air bubbles should be removed.
5. Process for 10 minutes after filling jars halfway with hot water.
6. Remove the jars from the water bath and let them cool thoroughly.
7. Check the seals on the jars, label them, and store them.

Per serving: Calories: 468kcal, Fat: 0.4 g, Carbs: 127.5 g, Protein: 1.7 g

Carrot marmalade

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 48 pint jars

Ingredients:

- 2 cups grated carrots
- 2 1/2 cups sugar
- 2 cups water
- 1 orange
- 1 lemon

Directions:

1. In a large saucepan, shave the orange and lemon.

2. Bring the remaining ingredients to a boil in a saucepan over medium heat.
3. Reduce to a low heat and parboil for 30 minutes, or until thickened.
4. Remove the pan from the heat after the marmalade has thickened.
5. Pour the marmalade into the hot, clean jars. Allow 1/2 inch of headroom. Air bubbles should be removed.
6. Fill jars halfway with hot water and process for 5 minutes.
7. Remove the jars from the water bath and let them cool thoroughly.
8. Check the jar seals. label and keep it.

Per serving: Calories: 43kcal, Fat: 0 g, Carbs: 11.3 g, Protein: 0.1 g

Strawberry marmalade

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 12 pint jars

Ingredients:

- 4 cups strawberries, crushed
- 6 cups sugar
- 6 tbsp. pectin
- 1 lemon

Directions:

1. Remove the lemon peel and set aside the lemon juice and pulp. Boil lemon peel in a small saucepan of water for 5 minutes. Lemon peels should be drained.
2. In a large stockpot, combine strawberries, sugar, pectin, lemon peel, lemon juice, and lemon pulp. Bring it to a boil, stirring constantly. Stir until the sugar dissolves.

3. Turn the heat up to high and boil for 1 minute. Constantly stir.
4. Removing the saucepan from the heat
5. Pour the marmalade into the hot, clean jars. Allow 1/2 inch of headroom. Air bubbles should be removed.
6. Process for 10 minutes after filling jars halfway with hot water.
7. Remove the jars from the water bath and let them cool thoroughly.
8. Check the jar seals. label and keep it.

Per serving: Calories: 396kcal, Fat: 0.1 g, Carbs: 104 g, Protein: 0.3 g

Onion marmalade

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4 pint jars

Ingredients:

- 2 large onions, sliced
- 1 tbsp. red wine vinegar
- 1/3 cup red wine
- 1 tsp. sugar
- 1/4 cup olive oil
- Pinch of salt

Directions:

1. Warm the oil in a small saucepan over medium heat.
2. Cook for 10-15 minutes, or until the onion has softened.
3. Cook for 5 minutes after adding the sugar. Cook until the wine has been reduced.
4. Remove the pan from the heat. Mix in the vinegar and salt.

5. Fill a clean jar halfway with marmalade. Refrigerate after securing the container with a lid.

Per serving: Calories: 159kcal, Fat: 12.7 g, Carbs: 8.6 g, Protein: 0.8 g

Pear marmalade

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 12 pint jars

Ingredients:

- 4 medium ripe pears, peeled and quartered
- 5 1/2 cups sugar
- 1.75oz. pectin
- 1 tbsp. orange zest, grated
- 2 tbsp. lemon juice
- 1/2 cup orange juice
- 8oz. crushed pineapple

Directions:

1. Place the pears in a food processor and purée until smooth.
2. Bring the pear puree, pectin, orange zest, lemon juice, orange juice, and pineapple to a boil in a saucepan over high heat. Constantly stir.
3. Stir in the sugar and bring to a boil for 1 minute. Constantly stir.
4. Remove the saucepan from the heat and set it aside to cool fully.
5. Fill a clean jar halfway with marmalade. Refrigerate after securing the container with a lid.

Per serving: Calories: 393kcal, Fat: 0.1 g, Carbs: 104.1 g, Protein: 0.4 g

Rhubarb marmalade

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 16 pint jars

Ingredients:

- 6 cups fresh rhubarb, chopped
- 2 medium oranges
- 6 cups sugar

Directions:

1. Peel and grind oranges in a food processor.
2. Bring the rhubarb, sugar, and ground oranges to a boil in a large saucepan. Simmer for 1 hour on low heat.
3. Remove the pan from the heat. Fill the jars with the marmalade. Allow 1/4-inch of headroom.
4. Process for 10 minutes after filling jars halfway with hot water.
5. Remove the jars from the water bath and let them cool thoroughly.
6. Check the jar seals. label and keep it.

Per serving: Calories: 302kcal, Fat: 0.1 g, Carbs: 79.8 g, Protein: 0.6 g

Pineapple marmalade

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 18 pint jars

Ingredients:

- 3 1/2 cups shredded pineapple flesh
- 1/2 lemon, sliced
- 4 1/2 cups sugar
- 4 cups water

Directions:

1. In a saucepan, combine the pineapple, lemon, and water. Allow it to sit overnight, covered.

2. Cook for 20 minutes with the pineapple mixture.
3. Attach the sugar and whisk until it dissolves.
4. Cook for 25 minutes with the pineapple mixture.
5. Removing the pot from the heat
6. Fill the clean jars halfway with the marmalade.
7. Close the containers with lids. label and keep it in a cold, dry location.

Per serving: Calories: 202kcal, Fat: 0 g, Carbs: 53 g, Protein: 0.2 g

Blueberry marmalade

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 12 pint jars

Ingredients:

- 4 cups blueberries, crushed
- 5 cups sugar
- 1/8 tsp. baking soda
- 3/4 cup water
- 1 lemon, peel
- 1 orange, peel
- 6 oz. liquid fruit pectin

Directions:

1. Place the lemon and orange rind in a pan.
2. Set aside the lemon and orange pulp.
3. Allow the baking soda and 3/4 cup of water to boil in the pan. So simmer for 10 minutes on low heat. Frequent stirring is required.
4. Combine the lemon and orange pulp, sugar, and blueberries in a mixing bowl. Return to the boil.
5. Turn the heat down low and parboil for 5 minutes.

6. Remove the pan from the heat and set it aside for 5–10 minutes to cool.
7. Return to a boil and continue to whisk for 1 minute. Turn off the heat.
8. Fill the clean jars halfway with the marmalade. Allow 1/4-inch of headroom.
9. Cover jars with lids. Set aside for 10 minutes in a water bath canner.
10. Remove the jars from the water bath and let them cool thoroughly.
11. Check the jar seals. label and keep it.

Per serving: Calories: 352kcal, Fat: 0.2 g, Carbs: 92 g, Protein: 0.5 g

Tangy Navel Orange marmalade

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 3 pint jars

Ingredients:

- Water 8 tbs.
- Sugar 2 cup
- Navel oranges, medium size - 4

Directions:

1. To begin with, take the oranges, cut the ends off, and cut them into pieces.
2. After that, remove it from the fire and let it cool.
3. Then, using your food processor, combine the pieces and fully process them.
4. Then, using the pre-sterilized jars, fill them with the marmalade mixture.
5. To prepare the marmalade, combine the water, sugar, and orange in a medium pot.

6. Maintain a 1-1/4" margin from the top.
7. Clean the jar rims with a moist cloth before closing them with the lid and band. Keep the heat on medium and let the mixture heat for 12-15 minutes. Place them in the refrigerator and serve them cold!

Per serving: Calories: 14kcal, Fat: 0 g, Carbs: 3 g, Protein: 0 g

Strawberry and Blackberry marmalade

Preparation time: 15 minutes

Cooking time: 5 minutes

Servings: 4 pint jars

Ingredients:

- 1 lemon
- 13/4 cups fresh strawberries, hulled and crushed
- 1 cup fresh blackberries, crushed
- 11/2 teaspoons freshly squeezed lemon juice
- 3 tablespoons powdered pectin
- 31/2 cups sugar

Directions:

1. Set up a hot water bath. Place the jars in it to keep them warm. Set aside the lids and rings after cleaning them in hot, soapy water.
2. Wash the lemon well in warm, soapy water. Cut away half of the lemon rind with a sharp knife, removing as much of the pith (white inner membrane) as possible. Cut the rind into thin strips, then cut the strips into 1/4-inch lengths.
3. Combine the lemon rind and enough water to cover it in a small saucepot placed over high heat. Bring the water to a boil. Remove the rind and set it aside.
4. Combine the strawberries, blackberries, lemon rind, and lemon juice in a medium saucepot placed over high

heat. Stir in the pectin slowly. Bring the mixture to a high boil.

5. Pour in the sugar. Bring the mixture back to a full, rolling boil over high heat. Set a timer for 1 minute and stir continually if the jam cannot be stirred down. Remove it from the heat.
6. Before filling the jars, mix the marmalade for 1 minute further with the heat turned off to ensure uniform dispersion of the rind. removing any foam.
7. Fill the prepared jars with the marmalade, allowing 1/4 inch of headspace. Remove any air bubbles with a nonmetallic tool. Clean the rims and seal them with the lids and rings.
8. For 10 minutes, place the jars in a hot water bath. Remove the jars from the water bath and set them aside for 10 minutes.
9. Remove the jars from the hot water canner with care. Leave for 12 hours.
10. Examine the lids for appropriate sealing. Remove the rings, clean the jars, label and date them, and store them in a cabinet or pantry.
11. Refrigerate for at least three weeks before using. Jars that are properly secured will stay in the cupboard for a year.

Per serving: Calories: 49kcal, Fat: 0.2 g, Carbs: 8.7 g,, Protein: 3.6 g

Low Sodium and Low Sugar Recipes

Apple Butter

Preparation time: 10 minutes

Cooking time: 24 minutes

Servings: 24

Ingredients:

- 3 lbs. Fuji apples, cored and chopped
- ¼ cup water
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves

Directions:

1. In a slow cooker, combine the apples, water, and spices. To blend, stir everything together.
2. Set your slow cooker on low and simmer for 6 hours, covered.
3. Cover the slow cooker and mash the apples with an immersion blender until blended.
4. Cover the saucepan loosely with the lid.
5. Cook on low for 6-8 hours, covered, in a slow cooker.
6. Divide the apple butter into three (12-pint) hot, sterilized jars, leaving a 12-inch gap at the top.
7. To eliminate air bubbles, run a tiny knife along the insides of each jar.
8. Using a clean, wet kitchen towel, remove any food residues from the jar rims.
9. Put a lid on each jar and screw on the ring.
10. Place the jars in a hot water canner for approximately 10 minutes.

11. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.
12. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
13. Apple butter may be stored in a jar in the refrigerator for up to 2-3 weeks.

Per serving: Calories: 15 kcal, Fat: 0.1 g, Carbs: 4 g, Protein: 0.1 g

Applesauce

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 32

Ingredients:

- 7 1/2 pounds apples; peeled, cored, and chopped
- 1 cup water

Directions:

1. In a heavy-bottomed saucepan over medium heat, combine apples and water. Cook for 15-20 minutes, or until the apples soften, stirring periodically.
2. In a high-speed blender, combine the cooked apples. puree until smooth.
3. Divide the applesauce evenly into four (1-pint) hot, sterilized jars, leaving a 12-inch gap at the top.
4. To eliminate air bubbles, run a tiny knife along the insides of each jar.
5. Using a clean, wet kitchen towel, remove any food residues from the jar rims.
6. Put a lid on each jar and screw on the ring.
7. Place the jars in a hot water canner for approximately 20 minutes.
8. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool

entirely.

9. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
10. Refrigerated canned applesauce may be kept for up to 2-3 weeks.

Per serving: Calories: 27kcal, Fat: 0.1 g, Carbs: 7.2 g, Protein: 0.1 g

Pear Sauce

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 40

Ingredients:

- 12 ripe pears, cored and quartered
- 6 cups water
- 1 tsp. ground cinnamon

Directions:

1. In a large stainless steel pan over medium heat, combine the pears, water, and cinnamon. Cook, stirring periodically, for 25-30 minutes.
2. Place the cooked pear mixture in a high-speed blender and purée until smooth.
3. Divide the pear sauce evenly into five (1-pint) hot, sterilized jars, leaving a 12-inch gap at the top.
4. To eliminate air bubbles, run a tiny knife along the insides of each jar.
5. Wipe any food residue from the jar rims with a clean, damp kitchen towel.
6. Put a lid on each jar and screw on the ring.
7. Place the jars in a boiling water canner for approximately 15 minutes.
8. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool

entirely.

9. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
10. Refrigerated canned pear sauce may be kept for up to 2-3 weeks.

Per serving: Calories: 36kcal, Fat: 0.1 g, Carbs: 9.6 g, Protein: 0.2 g

Blueberry Jam

Preparation time: 10 minutes

Cooking time: 18 minutes

Servings: 40

Ingredients:

- 7 cups fresh blueberries
- 1 cup unsweetened apple juice
- 1 package of no-sugar added pectin
- 1 ½ tsp. liquid stevia

Directions:

1. In a heavy-bottomed pot, combine blueberries, apple juice, and pectin. To blend, stir everything together.
2. Mix in the stevia well.
3. Cook, stirring constantly, over medium heat until it reaches a boil.
4. Boil for about 3 minutes.
5. Remove the jam pan from the heat and quickly skim the froth from the top.
6. Divide the jam evenly into five (1/2-pint) hot, sterilized jars, leaving a 12-inch gap at the top.
7. To eliminate air bubbles, run a tiny knife along the insides of each jar.
8. Wipe any food residue from the jar rims with a clean, damp kitchen towel.

9. Put a lid on each jar and screw on the ring.
10. Place the jars in a hot water canner for approximately 10 minutes.
11. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.
12. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
13. The canned jam will stay in the cupboard for up to a year.

Per serving: Calories: 17kcal, Fat: 0.1 g, Carbs: 4.4 g, Protein: 0.2 g

Raspberry Jelly

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 48

Ingredients:

- 4 cups fresh raspberries, crushed
- 1 cup water
- 4 ½ tbsp. no sugar added pectin

Directions:

1. In a heavy-bottomed stainless steel saucepan, combine crushed raspberries, water, and pectin. Stir everything together well.
2. Cook, stirring constantly, over medium heat until it reaches a boil.
3. "Boil for one minute."
4. Remove the jelly saucepan from the heat and quickly skim the froth from the surface.
5. Divide the jelly among 6 (1/2 pint) hot, sterilized jars, leaving a 12-inch gap at the top.

6. To eliminate air bubbles, run a tiny knife along the insides of each jar.
7. Using a clean, wet kitchen towel, remove any remnants of food from the jar's edges.
8. Put a lid on each jar and screw on the ring.
9. Place the jars in a hot water canner for approximately 10 minutes.
10. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.
11. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
12. The canned jelly will stay in the cupboard for up to a year.

Per serving: Calories: 5kcal, Fat: 0.1 g, Carbs: 1.2 g, Protein: 0.1 g

Strawberry & Lemon Concentrate

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 56

Ingredients:

- 3 cups fresh strawberries
- 2 cups erythritol
- 2 cups fresh lemon juice

Directions:

1. In a blender, combine hulled strawberries with On high, pulse until smooth.
2. In a heavy-bottomed stainless steel saucepan over medium-high heat, combine pureed strawberries, erythritol, and lemon juice. Cook for 3-5 minutes, stirring constantly.

3. Remove the strawberry mixture from the heat and quickly skim the froth from the surface.
4. Fill 7 (1/2-pint) hot, sterilized jars with the strawberry mixture, leaving a 12-inch gap at the top.
5. To eliminate air bubbles, run a tiny knife along the insides of each jar.
6. With a clean, wet kitchen towel, remove any remnants of food from the jar rims.
7. Put a lid on each jar and screw on the ring.
8. Place the jars in a boiling water canner for approximately 15 minutes.
9. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.
10. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
11. The canned preserves may be kept in the fridge for up to three weeks.

Per serving: Calories: 5kcal, Fat: 0.1 g, Carbs: 0.8 g, Protein: 0.1 g

Pickled Beets

Preparation time: 15 minutes

Cooking time: 60 minutes

Servings: 24

Ingredients:

- 3 pounds beets, trimmed
- 1 tsp. all spice berries
- 6 whole cloves
- 1 cinnamon stick
- 2 cups apple cider vinegar
- ¼ tsp. stevia extract

Directions:

1. Cook the beets for 20–25 minutes in a pot of boiling water.
2. Reserve 1 cup of the cooking liquid after draining the beets.
3. Allow the beets to cool.
4. Remove the skin from the beets before slicing them.
5. Tie the spices together with a cheesecloth.
6. In a large nonreactive saucepan over medium-high heat, combine the vinegar, reserved cooking liquid, stevia, and spice bag. Bring it to a boil.
7. After that, reduce the heat to a low and cook for around 15 minutes.
8. Divide the beet slices among three (1-pint) sterilized jars.
9. Fill each jar halfway with pickling liquid, leaving approximately a 12-inch gap at the top.
10. To eliminate air bubbles, run a tiny knife along the insides of each jar.
11. With a clean, wet kitchen towel, remove any remnants of food from the jar rims. Put a lid on each jar and screw on the ring.
12. Place the jars in a boiling water canner for approximately 15 minutes.
13. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.
14. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
15. Refrigerate the jars for up to one month.

Per serving: Calories: 29kcal, Fat: 0.1 g, Carbs: 5.9 g, Protein: 1 g

Hot Sauce

Preparation time: 15 minutes

Cooking time: 55 minutes

Servings: 64

Ingredients:

- 2 tbsp. pickling spices
- 1 ½ cups hot pepper; stemmed, seeded, and chopped
- 64 ounces canned-no-sugar added tomatoes
- 4 cups white vinegar
- 1 teaspoon pickling salt

Directions:

1. Put the pickling spices in a cheesecloth and tie it up.
2. Cook until boiling in a large nonreactive saucepan with the spice bag and the additional ingredients over medium-high heat.
3. After that, reduce the heat to low and cook for 20 minutes.
4. Using a food mill, pass the mixture through.
5. Return the liquid to the saucepan and bring it to a boil.
6. Cook for about 15 minutes.
7. Divide the sauce into 8 hot, sterilized (1/2-pint) jars, leaving a 12-inch gap at the top.
8. To eliminate air bubbles, run a tiny knife along the insides of each jar.
9. With a clean, wet kitchen towel, remove any remnants of food from the jar rims.
10. Put a lid on each jar and screw on the ring.
11. Place the jars in a hot water canner for approximately 10 minutes.
12. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.

13. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
14. The canned sauce will keep in the cupboard for up to a month.

Per serving: Calories: 9kcal, Fat: 0.1 g, Carbs: 1.4 g, Protein: 0.3 g

Canned Apple Slices

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 32

Ingredients:

- 1 tsp. citric acid
- 5 pounds apples, peeled and cutted into slices
- 2 cups water
- 1 tsp. ground cinnamon

Directions:

1. Fill a non-reactive saucepan halfway with citric acid.
2. Pour in the apple pieces and water. Combine thoroughly.
3. Heat the pan over medium-high heat until it reaches a boil.
4. 5 minutes on high heat.
5. Fill the bottoms of four (1-pint) hot, sterilized jars with apple slices.
6. Fill each jar halfway with cooking liquid, leaving approximately a 12-inch gap at the top.
7. Fill each jar with cinnamon.
8. To eliminate air bubbles, run a tiny knife along the insides of each jar.

9. Using a clean, wet kitchen towel, remove any remnants of food from the jar's edges.
10. Put a lid on each jar and screw on the ring.
11. Place the jars in a hot water canner for approximately 20 minutes.
12. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.
13. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
14. These canned apples may be kept in the fridge for up to a month.

Per serving: Calories: 18kcal, Fat: 0.1 g, Carbs: 4.9 g, Protein: 0.1 g

Diced Tomatoes

Preparation time: 15 minutes

Cooking time: 45 minutes

Servings: 36

Ingredients:

- 15 pounds tomatoes
- 9 tbsp. bottled lemon juice

Directions:

1. With a sharp knife, make a little "X" in the bottom of each tomato.
2. Cook for around 1 minute in a big stainless steel saucepan with water with the tomatoes.
3. With a slotted spoon, place the tomatoes in a big dish of cold water.
4. With a sharp paring knife, remove the skin off the tomatoes.
5. After that, coarsely cut the tomatoes.

6. In a heavy-bottomed saucepan over medium-high heat, combine chopped tomatoes and lemon juice. Bring the water to a boil.
7. 5 minutes in the oven
8. Fill nine (1-pint) hot, sterilized jars halfway with lemon juice.
9. Fill each jar with tomatoes, leaving a 12-inch gap at the top.
10. To eliminate air bubbles, run a tiny knife along the insides of each jar.
11. Using a clean, wet kitchen towel, remove any remnants of food from the jar's edges.
12. Put a lid on each jar and screw on the ring.
13. Place the jars in a hot water canner for approximately 35 minutes.
14. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.
15. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
16. These canned tomatoes may be kept in the fridge for up to 18 months.

Per serving: Calories: 35kcal, Fat: 0.4 g, Carbs: 7.4 g, Protein: 1.7 g

Warm Apple Cinnamon Chia Seed Pudding

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2 pints

Ingredients:

- 2 cups unsweetened almond milk
- 1-teaspoon vanilla extract
- 1-cup chia seeds

- 2 tablespoons unsweetened shredded coconut flakes
- 2 apples, cored and chopped
- 2 teaspoons cinnamon

Directions:

1. Pour almond milk and vanilla essence into two 8-ounce canning jars. Microwave for 2 minutes, or until thoroughly heated.
2. Pour in the chia seeds and whisk consistently for 2 minutes. Set aside for 5 minutes to allow the chia seeds to soften.
3. Serve the pudding topped with shredded coconut, apples, and cinnamon.

Per serving: Calories: 768kcal, Fat: 49 g, Carbs: 71 g, Protein: 22 g

Low Sodium Sweet Dill Pickles

Preparation time: 15 minutes

Cooking time: 60 minutes

Servings: 8 pints

Ingredients:

- 4 lb. pickling cucumbers
- 6 cups vinegar
- 6 cups sugar
- 2 tbsp canning salt
- 1-1/2 tbsp celery seeds
- 2 onions, thinly sliced
- 8 heads of fresh dill

Directions:

1. Wash the cucumbers, remove the blossom end, discard it, and slice them into 1/4-inch slices.
2. In a saucepan, combine all of the ingredients except the onions and dill and bring to a boil.

3. Fill each sterilized pint jar with a slice of onion and 1/2 head of dill, then pour the hot syrup on top, leaving a 1/4-inch headspace.
4. Remove any air bubbles and, if required, add additional syrup. Wipe the jar rims clean with a moist cloth before replacing the lids.
5. Place the jars in the pressure canner with enough water to cover them by at least 2 inches.
6. Cover the pressure canner with a good-fitting cover and process the pint jars in boiling water for 20 minutes.
7. Cool the jars overnight before keeping them in the refrigerator. A dark and dry location.

Per serving: Calories: 51 kcal, Fat: 1g, Carbs: 13g, Protein: 1g

Reduced Sugar Pears in maple Syrup

Preparation time: 20 minutes

Cooking time: 35 minutes

Servings: 7 pints

Ingredients:

- 4 lb. ripe and firm pears
- 2 cups Water
- 1 cup Lemon juice
- 1/2 cup Hot maple syrup

Directions:

1. Remove the seeds from the pears after cutting them in half. Allow the pears to soak in a dish of water mixed with lemon for 3 minutes.
2. Fill sterilized pint jars halfway with pears, then cover with hot maple syrup, leaving a 1/2-inch headspace.
3. Clean any food residue from the jar rims and adjust the lids.

4. Place the jars of canner in the pressure cooker with enough water to cover them by at least 2 inches.
5. Cover the pressure canner with a good-fitting cover and process the pint jars in boiling water for 25 minutes. Allow for a 25-hour cooling period before storing in a cool, dry place.

Per serving: Calories: 40 kcal, Fat: 0g, Carbs: 10g,
Protein: 0g

Chutneys Recipes

Plum Tomato Chutney

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 4-quart pints

Ingredients:

- 4 tomatoes, chopped
- 6 plums, seeded and chopped
- 2 green chilies, chopped
- 4 tablespoons fresh ginger, grated
- 1 teaspoon lemon zest
- Juice of 1 lemon
- 2 bay leaves
- Pinch of salt
- 1/2 cup plus 2 tablespoons brown sugar
- 2 teaspoons vinegar
- Pinch black pepper
- tsps. vegetable oil

Directions:

1. In a large saucepan, heat the oil. Stir in the bay leaves, ginger, and green chilies. Toss in the tomatoes and plums. Combine the salt, zest, lemon juice, and vinegar in a mixing bowl. Cook for 3 minutes, stirring in the sugar and pepper.
2. Fill sterilized jars halfway with chutney, allowing a 1/2 inch of headspace. Clean the rim of the jar and replace the lid.
3. For 10 minutes, place them in a boiling water bath.

Per serving: Calories: 70 kcal, Fat: 0 g, Carbs: 31 g, Protein: 1 g

Spicy Green Tomato Chutney

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 3 pint jars

Ingredients:

- 2-1/2 cups spiced cider vinegar
- 3 cups shallots, finely chopped
- 2 quarters small green tomatoes, peeled and thinly sliced
- 1 tsp. celery salt
- 4 cups finely chopped apples
- 2 sweet red or green peppers
- Dry, hot chilies (four to six depending on heat strength)
- 2-1/4 cups brown sugar
- 2 cups ripe tomatoes, peeled and chopped

Directions:

1. In a medium-sized saucepan, combine 2-1/2 cups apple cider vinegar, 1 stick cinnamon, 1 teaspoon allspice, whole cloves, black peppercorns, and 1/2 teaspoon powdered nutmeg.
2. Start the fire and bring it almost to a boil.
3. Remove it from the heat immediately and set it aside to cool to room temperature.
4. Before adding it to the chutney, strain.
5. Black tomatoes, peeled:
6. Place the dish, saucepan, or kettle in a heat-resistant container.
7. Cover and set aside for three minutes with boiling water.
8. Peels should be pierced with the point of a sharp knife and pulled off the skin.

9. Those tomatoes should be sliced extremely finely.
10. Put in a colander over a tub or on a sink dish with green tomato slices and salt.
11. Allow them to drain for two hours.
12. For the time being,
13. To prepare 4 cups, skin, core, and coarsely slice the apples.
14. A location to prepare for usage in acidulated water.
15. 3 cups cleaned and coarsely chopped shallots
16. Sweet peppers should be washed, seeded, halved, and deribbed.
17. Broil or cook over open flames until the skin is blackened, then wipe away. Remove the peppers and finely slice them.
18. Place the chiles in a cheesecloth-lined bag.
19. After two hours, rinse the green tomatoes.
20. In a large mixing bowl, combine green tomato slices, spiced strained vinegar, shallots, apples, hot chili bag, brown sugar, and celery salt.
21. Bring to a boil and simmer for 15 minutes, or until the majority of the liquid has evaporated.
22. Broiled, ripe tomatoes and sweet peppers should be removed.
23. Simmer for approximately one hour, or until completely dark.
24. Remove the chile bag.
25. Pour into shot glasses, wipe the rims, and secure the lids and rings.
26. quarts and pints of boiling water Both take 10 minutes.

Per serving: Calories: 236 kcal, Fat: 0 g, Carbs: 22 g,
Protein: 0.6 g

Curried Apple Chutney

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 10 pints

Ingredients:

- 2 quarts apples, peeled, cored and chopped
- 2 pounds raisins
- 4 cups brown sugar
- 1 cup onion, chopped
- 1 cup sweet pepper, chopped
- 3 tbsps. mustard seed
- 2 tbsps. ground ginger
- 2 tsps. allspice
- 2 tsps. curry powder
- 2 tsps. salt
- 2 hot red peppers, chopped
- 1 clove garlic, minced
- 4 cups vinegar

Directions:

1. In a large saucepan, combine all of the ingredients and bring to a boil. Simmer for 1 hour.
2. Fill sterilized jars halfway with chutney, allowing a 1/2 inch of headspace. Wipe the jars' rims clean and replace the lids.
3. In a water bath, process the jars for 10 minutes.

Per serving: Calories: 23 kcal, Fat: 0 g, Carbs: 11 g,
Protein: 0 g

Indian Apple Chutney

Preparation time: 14 minutes

Cooking time: 20 minutes

Servings: 6 pint jars

Ingredients:

- 2 pounds of apples (medium in size)
- 1 cup of diced onions (finely diced)
- Allspice, two teaspoons
- Ginger, ground or fresh, about two tablespoons
- Raisins, about 7 cups or two pounds
- Red bell pepper, chopped finely, about one cup
- mustard seeds, about three tablespoons
- Curry powder, about two teaspoons
- Pickling salt, two teaspoons
- 1 clove of garlic, crushed
- 2 hot peppers, seeds removed and diced finely
- 4 cups of malt vinegar
- Brown sugar, about 4 cups (or less, if you prefer less sugar)

Directions:

1. To prepare, wash and clean the apples before peeling, coring, and slicing them. Cover the apples with water in a large boiling saucepan. Add the onions to the cooking pot after washing and slicing them, removing all of the peel.
2. Repeat with the peppers, then add them to the saucepan with the onions and apples. Put the remaining ingredients, including the malt vinegar, into the boiling pot and bring to a boil. Cook for another 2 minutes after this point, then reduce to a simmer and stir frequently.

3. Continue cooking until the apples are soft, which might take up to an hour. Fill sterilized jars with the mixture, leaving an inch at the top.
4. Clean the rims of the jars before spooning the chutney into them. Place the lids on firmly and process for 10-11 minutes in a water bath canner.
5. Allow the jars to cool overnight on a wire rack or cloth before storing in a pantry or fruit cellar for up to one month.

Per serving: Calories: 47 kcal, Fat: 0g, Carbs: 11.1g, Protein: 0g

Fruit Chutney

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 3 pints

Ingredients:

- 1 tbsp. canola oil
- 4 cups onion, chopped
- 1 tbsp. garlic, minced
- 8 cups prepared fresh fruits, peeled including pears, peaches, tomatoes and apples
- 1 cup mixed dried fruits, chopped
- 1 cup granulated sugar
- 1 cup white vinegar
- 1 cup water
- 1 tsp. crushed red pepper
- 1 tsp. salt

Directions:

1. Heat the oil in a big pan and sauté the onions for around 6 minutes. Stir in the garlic for 30 seconds. Combine the fresh and dried fruits, sugar, vinegar, water, red pepper flakes, and salt in a mixing bowl.

Bring to a boil, stirring frequently, then reduce to a low heat and simmer for 30 minutes.

2. Fill sterilized jars to within 1/2 inch of the rim with the chutney. Remove any food residue from the jar rims and replace the lids on each jar.
3. In a water bath, process the jars for 15 minutes.

Per serving: Calories: 47 kcal, Fat: 0 g, Carbs: 11.1 g, Protein: 0 g

Green Tomato Chutney

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 3 pints

Ingredients:

- 2-1/2 pounds firm green tomatoes, chopped
- 1-1/4 cups brown sugar, packed
- 1 cup red onion, chopped
- 1 cup golden raisins
- 1 cup cider vinegar
- 2 tbsps. candied ginger, minced
- 1 tbsp. mustard seeds
- 1 tsp. chili pepper flakes
- 1 tsp. fennel seeds
- 1 tsp. salt
- 1/2 tsp. ground allspice
- 1/8 tsp. ground cloves
- 1 cinnamon stick
- Pinch of ground nutmeg

Directions:

1. Combine all of the ingredients in a large pot.
2. Bring to a boil, then turn down to a low setting. Cook for 45 minutes, covered.

3. Fill sterilized jars to 1/4 inch above the rim with the chutney. Wipe the jar rims clean with a moist cloth before replacing the lids.
4. Boil for 15 minutes in a boiling water bath.

Per serving: Calories: 18.2 kcal, Fat: 0 g, Carbs: 6 g, Protein: 0 g

Cilantro Chutney Recipe

Preparation time: 45 minutes

Cooking time: 10 minutes

Servings: 5 pint jars

Ingredients:

- 1/2 cup of yogurt (this can be omitted or replaced with a vegan-based version of yogurt)
- Lemon juice, three tablespoons
- Cilantro with stems removed (small branches can be left intact), one bunch
- mint leaves, about one cup packed
- Ginger, sliced (2 teaspoons)
- Sea salt, 1/2 teaspoon
- One garlic clove
- One medium-sized jalapeno, sliced finely
- Sugar, 1/2 teaspoon

Directions:

1. In a blender, combine all of the following ingredients with one tablespoon of water.
2. Taste and adjust the seasoning as required before transferring to a sterile jar and storing in the refrigerator. You may use coconut or soy yogurt instead of yogurt if you want a non-dairy option. Tofu is another viable choice.

3. If you want to keep the chutney for a longer period of time, leave out the yogurt and put it in a jar in the refrigerator for up to a month.

Per serving: Calories: 88 kcal, Fat: 0g, Carbs: 22g, Protein: 1g

Rhubarb Chutney

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 4 pints

Ingredients:

- 8 cups sliced rhubarb
- 6 cups sliced onion
- 2 cups raisins
- 7 cups light brown sugar
- 4 cups apple cider vinegar
- 2 tbsps. salt
- 2 tsps. cinnamon
- 2 tsps. ginger
- 1 tsp. ground cloves
- 1/8 tsp. cayenne pepper

Directions:

1. In a large saucepan, combine all of the ingredients. Bring to a boil, then reduce to a gentle simmer until the liquid has thickened somewhat.
2. Fill sterilized jars with the mixture and wipe the rims clean. Adjust the lids and bake for 10 minutes in a hot water bath.

Per serving: Calories: 58kcal, Fat: 1 g, Carbs: 12 g, Protein: 0 g

Cantaloupe Chutney

Preparation time: 15 minutes

Cooking time: 1 hour & 30 minutes

Servings: 4 pints

Ingredients:

- 3 medium cantaloupes
- 1 pound of dried apricots
- 1 fresh hot chili
- 2 cups of raisins
- 1 tsp. ground cloves
- 1 tsp. ground nutmeg
- 2 tbsps. salt
- 2 tbsps. mustard seed
- 1/4 cup fresh ginger, chopped
- 3 cloves garlic
- 4-1/2 cups apple cider vinegar
- 2-1/4 cups brown sugar
- 4 onions
- 1/2 cup orange juice
- 2 tbsps. orange zest
- cinnamon

Directions:

1. Place the apricots in a large mixing basin, thinly sliced. Thinly slice the ginger and garlic and add them to the meal. Add the chili, seeded and diced, to the saucepan.
2. Combine raisins, cloves, cinnamon, nutmeg, and mustard seeds in a mixing bowl. Set it aside after mixing everything together. In a nonreactive saucepan or kettle, combine the vinegar and sugar; bring to a boil over medium heat.
3. Return to a moderate simmer after adding the mixture to the pot in a bowl. Cook on low heat for 45 minutes. Do not stack the deck.

4. Meanwhile, chop the onions and arrange them in a bowl. Fifth, peel and seed cantaloupes. Cut the fruit into 12 cubes. Add the onions. Mix the orange juice and zest in a cup.
5. When the vinegar combination has finished simmering for 45 minutes, add the cantaloupe mixture to the bowl, return to the cooler, and continue cooking for another 45 minutes, or until thickened at the simmer.
6. Pour into hot glasses, wipe the rims, and secure the lids and rings. quarts and pints of boiling water Both take 10 minutes.

Per serving: Calories: 54kcal, Fat: 0 g, Carbs: 14 g, Protein: 1 g

Pungent Tomato Pear Chutney

Preparation time: 45 minutes

Cooking time: 10 minutes

Servings: 5 pint jars

Ingredients:

- 2 lbs. pears, peeled, chopped
- 2 lbs. tomatoes, peeled, seeded, chopped
- 1 cup finely chopped seeded jalapeno peppers
- 2 cups chopped onions
- 4 tsp. minced fresh ginger root
- 1-2 tsp. crushed red pepper flakes
- 1 tsp. ground mustard
- 1 cup cider vinegar
- 1 cup brown sugar

Directions:

1. Combine all the ingredients in a Dutch oven. Bring the water to a boil.

2. Reduce heat to low and cook, stirring occasionally, for 45-60 minutes, or until thickened.
3. Fill half-pint sterilized jars halfway with hot mixture, leaving 1/2-inch headspace.
4. Remove any air bubbles and adjust headspace as needed with hot mixture.
5. Wipe the jar rims clean with a moist cloth before replacing the lids.
6. Fill the canner halfway with boiling water and set the jars inside, making sure they are thoroughly submerged. Allow it to boil for 10 minutes.
7. Cool the jars before removing them.

Per serving: Calories: 88 kcal, Fat: 0 g, Carbs: 22 g
Protein: 1 g

Garlic and Ginger Chutney

Preparation time: 25 minutes

Cooking time: 1 hour

Servings: 2

Ingredients:

- 12 diced limes
- 12 sliced garlic cloves
- 1 sliced ginger
- 8 green chile peppers
- 1 tablespoon of chili powder
- 1 cup of distilled white vinegar
- ¾ cup of sugar

Directions:

1. Set up a hot water bath. Put the jars in it to keep them warm. Set aside the lids and rings after washing them in hot, soapy water.

2. In a medium saucepan, combine the limes, garlic, ginger, chilies, and chili powder. Bring it to a boil, stirring constantly.
3. Cook for 1 hour and 10 minutes after adding the sugar and vinegar.
4. Fill the prepared jars with the chutney, allowing a 14-inch headspace.
5. Clean the rims and seal them with the lids and rings.
6. In a hot water bath, process the jars for 20 minutes.

Per serving: Calories: 14 kcal, Fat: 0 g, Carbs: 2.5 g, Protein: 0.7 g

Mango Chutney

Preparation time: 15 minutes

Cooking time: 45 minutes

Servings: 4-pint jars

Ingredients:

- 6 cups of sliced green mangos
- 1/2 pound of fresh ginger
- 3 1/2 cups of currants
- 8 cups of sugar
- 2 cups of vinegar
- 3 cups of ground cayenne pepper
- 1 cup of salt

Directions:

1. Peel and cut the ginger in half.
2. One half of the ginger should be thinly sliced, while the other half should be coarsely chopped.
3. In a blender, mix the sliced ginger and half of the currants until thoroughly incorporated. Except for the mangoes, combine everything in a saucepan.
4. Cook for 15 minutes on medium heat.

5. Meanwhile, cut, half, pit, and slice the green mangos to make 6 cups.
6. Attach the mangos after 15 minutes of boiling and parboil for another 30 minutes, or until the mangos are soft.
7. Fill shot glasses with ice, polish the rims, and secure the lids and rings.
8. Use the boiling water bath method: 10 minutes in both pints and quarts.

Per serving: Calories: 37 kcal, Fat: 0 g, Carbs: 12 g, Protein: 0 g

Garlicky Lime Chutney

Preparation time: 10 minutes

Cooking time: 60 minutes

Servings: 3 pint jars

Ingredients:

- 12 limes, scrubbed and cut into 1/2-inch dice
- 12 garlic cloves, thinly sliced lengthwise
- 1 (4-inch) piece fresh ginger, peeled and thinly sliced
- 8 green chili peppers (jalapeños or Serrano's), stemmed, seeded, and thinly sliced
- 1 tablespoon chili powder
- 1 cup distilled white vinegar
- 3/4 cup sugar

Directions:

1. Set up a hot water bath. Bring the jars in to keep them warm. Set them aside after cleaning the lids and rings with hot, soapy water.
2. Stir together the limes, garlic, ginger, chiles, and chili powder in a medium saucepan and bring to a boil.

3. Return to a simmer and cook, stirring periodically, for 70 minutes, or until the limes are soft and the sauce is thick enough to mound when dropped from a spoon. Take the pan off the heat.
4. Fill the prepared jars with the chutney, allowing 1/4 inch of headspace. Use a nonmetallic tool to remove any air bubbles. Sealed with the lids and rings after cleaning the rims.
5. For 20 minutes, place the jars in a hot water bath. Turn off the heat and let the jars in the water bath cool.
6. Remove the jars from the hot water canner with care. Set it aside for 12 hours to cool.
7. Examine the lids for appropriate sealing. Remove the rings from the jars, wash them down, name and date them, and store them in a cabinet or pantry.
8. For the finest taste, let the chutney sit for 3 days before serving. Refrigerate any jars that do not seal correctly and use them within 6 weeks. Jars that are properly secured will stay in the cupboard for a year. After opening, keep refrigerated and consume within 6 weeks.

Per serving: Calories: 58 kcal, Fat: 1g, Carbs: 12g, Protein: 0g

Mango Chutney with Raisin

Preparation time: 19 minutes

Cooking time: 30 minutes

Servings: 6 pint jars

Ingredients:

- 11 cups or 4 pounds (1.8 kg) chopped unripe (hard) mango

- 2 1/2 cups or 3/4 pounds finely chopped yellow onion
- 2 1/2 tablespoons grated fresh ginger
- 1 1/2 tablespoons finely chopped fresh garlic
- 4 1/2 cups sugar
- 3 cups white distilled vinegar (5%)
- 2 1/2 cups golden raisins
- 1 1/2 teaspoons canning salt
- 4 teaspoons chili powder

Directions:

1. All vegetables should be well washed. Mangoes should be peeled, cored, and cut into 3/4-inch cubes.
2. In a food processor, slice mango cubes using six one-second pulses in each batch.
3. Peel and dice the onion. Finely slice the garlic and ginger by hand.
4. In an 8- to 10-quart stockpot, combine the sugar and vinegar.
5. Bring it to a boil and cook for 5 minutes.
6. Return to a boil with the remaining ingredients.
7. Set the heat to low and parboil for 25 minutes, stirring regularly.
8. Fill heated pint or half-pint jars with hot chutney, allowing 1/2-inch headspace.
9. Remove air bubbles and, if necessary, adjust headspace.
10. Using a wet, clean paper towel, wipe off the jars. process after adjusting the lids.

Per serving: Calories: 47 kcal, Fat: 0g, Carbs: 11.1g, Protein: 0g

Raisin Pear Chutney

Preparation time: 2 hours 15 minutes

Cooking time: 15 minutes

Servings: 2 pints

Ingredients:

- 2 cups cider vinegar
- 1 $\frac{1}{4}$ cups packed brown sugar
- 3 lbs. unpeeled ripe pears, diced
- 1 medium onion, chopped
- 1 cup raisins
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 garlic clove, minced
- $\frac{1}{2}$ -1 teaspoon cayenne pepper

Directions:

1. Bring brown sugar and vinegar to a boil in a saucepan.
2. Return to a boil with the remaining ingredients.
3. Reduce the heat to low and let the chutney simmer for approximately 2 hours, or until the desired consistency is obtained.
4. Fill hot sterilized pint jars with the heated mixture, leaving a 14-inch headspace. Remove any air bubbles and, if necessary, use a hot mixture to adjust the headspace. Clean up the rims. Screw on bands until they're fingertip tight, then screw on jar tops.
5. Place the jars in the canner with boiling water, making sure they are thoroughly submerged. Allow for a 15-minute boil. Cool the jars before removing them.

Per serving: Calories: 152 kcal, Fat: 0 g, Carbs: 40 g, Protein: 1 g

Rhubarb Cherry Chutney

Preparation time: 20 minutes

Cooking time: 35 minutes

Servings: 6 cups

Ingredients:

- 2 pounds of chopped fresh rhubarb
- 2 cups of fresh pitted tart cherries, chopped
- 1 large tart apple, peeled, chopped
- 1 medium red onion, chopped
- 1 celery rib, chopped
- 3 garlic cloves, minced
- 1 tablespoon of finely chopped crystallized ginger
- 2 cups of brown sugar
- 1-cup of red wine vinegar
- $\frac{3}{4}$ teaspoon of ground cinnamon
- $\frac{1}{2}$ teaspoon of ground coriander
- $\frac{1}{4}$ teaspoon of ground cloves

Directions:

1. Combine all ingredients in a 6-quart stockpot. Bring it to the boil.
2. Reduce heat to low and cook for 25-30 minutes, uncovered, or until thickened.
3. Place them in covered containers. If freezing, fill freezer-safe containers to within 12 inches of the tops. Freeze for up to 12 months, or store in the refrigerator for up to 3 weeks. Thaw frozen salsa in the refrigerator before serving.

Per serving: Calories: 102 kcal, Fat: 0 g, Carbs: 27 g, Protein: 0 g

Vinegary Peach Chutney

Preparation time: 25 minutes

Cooking time: 60 minutes

Servings: 5 pint jars

Ingredients:

- 5 pounds (2.3 kg) yellow peaches, or nectarines, peeled, pitted, and cut into 1/2-inch dice
- 2 cups sugar
- 1 1/2 cups apple cider vinegar
- 1 cup chopped sweet onion
- 3/4 cup raisins
- 2 or 3 jalapeño peppers, diced
- 1 sweet banana pepper, or 1/2 yellow bell pepper, diced
- 3 tablespoons mustard seed
- 2 tablespoons grated fresh ginger
- 2 garlic cloves, minced
- 1 teaspoon garam masala
- 1/2 teaspoon ground turmeric

Directions:

1. Prepare a hot water bath. Bring the jars in to keep them warm. Set them aside after cleaning the lids and rings with hot, soapy water.
2. Combine the peaches, sugar, cider vinegar, onion, raisins, jalapeos, banana peppers, mustard seeds, ginger, garlic, garam masala, and turmeric in a large saucepan or preserving pot over medium heat. Bring it to a boil slowly, stirring regularly. Turn the heat down low. 1 hour, or until thick and parboiled
3. Fill the prepared jars with the chutney, allowing 1/4 inch of headspace. Use a nonmetallic tool to remove any air bubbles. Sealed with the lids and rings after cleaning the rims.

4. For 10 minutes, place the jars in a hot water bath. Turn off the heat and let the jars in the water bath cool.
5. Remove the jars from the hot water canner with care. Set it aside for 12 hours to cool.
6. Examine the lids for appropriate sealing. Remove the rings, clean the jars, mark and date them, and store them in a cabinet or pantry.
7. Allow the chutney to cure for 3 to 4 weeks before serving for the finest taste. Jars that are properly secured will stay in the cupboard for a year. After opening, keep refrigerated and consume within 6 weeks.

Per serving: Calories: 58 kcal, Fat: 1g, Carbs: 12g, Protein: 0g

Tangy Cranberry Chutney

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8 pint jars

Ingredients:

- 24 ounces (113 g) fresh whole cranberries
- 2 cups chopped white onion
- 2 cups golden raisins
- 1 1/2 cups white sugar
- 1 1/2 cups packed brown sugar
- 2 cups white distilled vinegar (5%)
- 1 cup orange juice
- 4 teaspoons peeled, grated fresh ginger
- 3 sticks cinnamon

Directions:

1. Wash the cranberries well. In a large Dutch oven, combine all of the ingredients.

2. Bring to a boil over high heat; reduce to a low heat and continue to cook for 15 minutes, or until the cranberries are soft. Swirl often to avoid burning.
3. Remove and discard the cinnamon sticks.
4. Fill heated half-pint jars halfway with hot chutney, leaving a 1/2-inch headspace.
5. Remove air bubbles and, if necessary, adjust headspace.
6. Using a wet, clean paper towel, wipe off the jars. process after adjusting the lids.

Per serving: Calories: 225 kcal, Fat: 1.5 g, Carbs: 52 g, Protein: 3 g

Salsas and Sauces Recipes

Apple Sauce

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 4 pints

Ingredients:

- 20 big apples
- 4 cups of water
- 2 1/2 cups of sugar

Directions:

1. Remove any blemishes or other contaminants by washing, quartering, and coring apples. Drop apples in lemon water if you work in bigger batches; see also acidifying fruit.
2. After prepping all of the apples, drain them if required and set them in a big cooking saucepan. Cook until the apples are tender over medium-high heat, then add the four cups of water.
3. Peels may be removed using a sieve. Return the pot to the stove and add 2 1/2 cups of sugar. Bring the mixture to a boil until the sugar is fully dissolved.
4. Fill boiling jars halfway with water, leaving 1/2 inch headspace. With the glass, clean the surface. Attach the lids and rings.
5. Run both pints and quarts for 25 minutes in a boiling water bath.

Per serving: Calories: 70 kcal, Fat: 0g, Carbs: 27g, Protein: 0g

Canned BBQ Sauce

Preparation time: 15 minutes

Cooking time: 1 hour & 20 minutes

Servings: 3 pints

Ingredients:

- 1 tbsp. hot pepper flakes
- 3 chopped garlic cloves
- 2 cups chopped onions
- 21 chopped tomatoes
- 1½ cups of brown sugar, packed lightly
- 1 tbsp. celery seeds
- 1/3 cup lemon juice
- 1 cup white vinegar
- 1½ tbsp. ground nutmeg or mace
- 2 tbsp. salt
- 1 tsp. ground ginger
- 1 tsp. cinnamon
- 1 tbsp. dry mustard

Directions:

1. In a large steel saucepan, combine the tomatoes, celery seeds, pepper flakes, garlic, and onions.
2. Over high heat, stirring regularly. Reduce the heat to low and cover the pan. The vegetables should be softened for approximately 12 hours, or until
3. In batches, strain the mixture through a sieve set over a glass basin. Remove the solids.
4. Return the liquid and pulp to the pot. Combine the brown sugar, cinnamon, ginger, mustard, mace, salt, lemon juice, and vinegar in a mixing bowl.
5. Allow it to return to a boil over medium-high heat, stirring periodically.
6. Turn down the heat. Allow it to slowly simmer for 12 hours, stirring periodically, until the mixture is thicker and the consistency of bottled BBQ sauce.

7. Place the jars you'll be using in a pot of boiling hot water until you're ready to use them. Allow them not to boil. Soapy, warm water is used to clean the lids. Set aside the bands.
8. Fill jars halfway with spicy sauce. Leave a 12-inch gap at the top. Clean the rims and secure the lids. Place the jars in a canner filled with boiling water. process for around 20 minutes, depending on altitude.

Per serving: Calories: 60 kcal, Fat: 0g, Carbs: 15g, Protein: 0g

Cranberry Sauce

Preparation time: 15 minutes

Cooking time: 55 minutes

Servings: 4 pints

Ingredients:

- 4 cups of sugar, granulated
- 4 x 12-oz. bags of cranberries, fresh
- 1 fresh orange, juiced, + add water to make 4 cups liquid total
- Zest from 1 orange

Directions:

1. In a large stockpot over high heat, combine the water, zest, orange juice, and sugar. Bring it to the boil.
2. Cranberries should be included. Return to a boil—lower the heat. Cook for around 10 minutes on a low heat. The cranberries will swell.
3. Pour through a sieve over a heat-safe dish until only a paste of orange zest and cranberries remains.
4. Fill hot, sterilized canning jars halfway. Allow 1/4" of headroom. Place lids on jars after wiping the rims. Screw it on until the fingertip is snug.

5. Place the jars in the canner. Use boiling water to cover them. Bring it to the boil. 15 minutes in the processor. Turn off the heat.
6. Remove the canner's lid. Allow the jars to cool for approximately five minutes before transferring them to a towel or rack to cool completely overnight.
7. Clean and label the jars.
8. Store in a cold, dark area for up to a year.

Per serving: Calories: 110 kcal, Fat: 0g, Carbs: 25g, Protein: 0g

Fresh Summer Tomato Sauce

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 8 jars

Ingredients:

- 2 tbsps. extra-virgin olive oil
- 3 cloves garlic, minced
- 1 red onion, chopped
- 3 pounds tomatoes, halved
- A pinch of red pepper flakes
- 1/2 teaspoon chopped thyme
- 1 tsp chopped oregano
- 1 tsp chopped basil
- 1 tbsp chopped parsley
- A pinch of sea salt
- A pinch of pepper

Directions:

1. Preheat a nonstick skillet over medium heat and add the oil.

2. Cook for approximately 3 minutes, or until the onion and garlic are aromatic.
3. Reduce the heat to low and stir in the tomatoes, red pepper flakes, thyme, oregano, basil, parsley, salt, and black pepper. Simmer for 30 minutes, covered.
4. Remove the skillet from the heat and puree the sauce in a food processor until smooth. Fill sterilized jars halfway with the mixture and carefully seal them.
5. After processing in a hot water bath for approximately 5 minutes, let it cool before freezing.

Per serving: Calories: 70 kcal, Fat: 4g, Carbs: 6g, Protein: 3g

Homemade Pizza Sauce

Preparation time: 15 minutes

Cooking time: 1 hour & 20 minutes

Servings: 4 pints

Ingredients:

- 2 tbsp. chopped parsley
- 28 ripe tomatoes
- 1 tsp. celery seed
- 2 yellow onions
- 3 tbsp. olive oil
- 1 tsp. black pepper
- 1 tbsp. oregano
- 1 tbsp. dry basil
- 2 tbsp. lemon juice
- 1 tsp. dry rosemary
- 4 garlic cloves
- 2 tsp. kosher salt
- 1 tbsp. white sugar

Directions:

1. The tomatoes should be peeled. Blanch for 2-3 minutes in hot water to make peeling easier. Blend or process them in a food processor. minced onion and garlic cloves.
2. In a large saucepan, sauté the onions and garlic in olive oil for 3-4 minutes, or until soft and aromatic.
3. Mix in the tomato puree. Bring to a boil over medium-high heat. Reduce the heat to low and continue to cook for 45 minutes. Fill jars with the sauce after it has thickened.
4. In a water bath, bring the jars to a boil for about 25 minutes. Allow it to thoroughly cool before storing.

Per serving: Calories: 40 kcal, Fat: 3g, Carbs: 3g, Protein: 1g

Homemade Spaghetti Sweet Sauce

Preparation time: 15 minutes

Cooking time: 4 hours

Servings: 8 pints

Ingredients:

- 4 large onions, cut into wedges
- 4 large green peppers
- 25 pounds tomatoes
- 1/4 cup canola oil
- 3 cups tomato paste
- 2 tsps. dried basil
- 8 garlic cloves, minced
- 2 tsps. dried parsley flakes
- 4 tsps. dried oregano
- 2 tsps. Worcestershire sauce
- 1/4 cup salt
- 2/3 cup sugar
- 2 bay leaves
- 1 cup fresh lemon juice

- 2 tsps. red pepper flakes

Directions:

1. Boil water, add tomatoes, and cook for approximately 1 minute before plunging them into icy water. Remove the skin and place it in a stockpot.
2. In a food processor, finely chop the onions and green peppers and add them to the stockpot. Add in the other ingredients, except the lemon juice and water.
3. Cook for 4 hours, then remove the bay leaves. Fill sterilized jars halfway with fresh lemon juice.
4. Sealed and processed for 30 minutes in a hot water bath. Remove from the oven and place in the refrigerator to cool.

Per serving: Calories: 54 kcal, Fat: 1g, Carbs: 12g, Protein: 3g

Homemade Tomato Sauce

Preparation time: 15 minutes

Cooking time: 50 minutes

Servings: 4 jars

Ingredients:

- 8 lb. ripe tomatoes
- 1 tsp sea salt
- 4 tbsp. bottled or jarred lemon juice

Directions:

1. Clean and rinse the tomatoes. Take out the seeds and skins. Bring the peeled or pureed tomatoes, along with the salt, to a boil in a saucepan.
2. Add 1 tablespoon of lemon juice to each jar before adding the tomato sauce. Bring the jars to a boil for at least 45 minutes.

3. Remove the jars from the boiling water after 45 minutes and set them aside to cool. After that, store it in a cold, dark location.

Per serving: Calories: 86 kcal, Fat: 2g, Carbs: 16g, Protein: 4g

Bean and Pineapple Salsa

Preparation time: 20 minutes

Cooking time: 0 minutes

Servings: 8 pints

Ingredients:

- 1 cup of chopped pineapple
- 2 peppers green chile peppers, diced
- 1/4 cup of chopped onions
- 15 ounces of black beans
- 1 cup of frozen corn kernels
- 1/2 cup of diced bell pepper
- 1/2 cup of diced green bell pepper
- 1/4 cup of orange juice
- 1/4 cup of chopped fresh cilantro
- 1/2 teaspoon of ground cumin
- 1 pinch of salt
- 1 pinch of pepper

Directions:

1. In a large mixing bowl, combine all of the ingredients and season with salt, cumin, and pepper.
2. Transfer to a container and carefully close the lid.
3. Refrigerate until completely cool before serving.

Per serving: Calories: 93 kcal, Fat: 0.5 g, Carbs: 19.3 g, Protein: 4.5 g

Corn and Avocado Salsa

Preparation time: 30 minutes

Cooking time: 0 minutes

Servings: 10 half-pint jars

Ingredients:

- 4 avocado, diced
- 2 cups of frozen corn kernels, thawed
- 1 small onion, chopped
- 1 red bell pepper, chopped
- 1/2 cup of sliced ripe olives, drained
- 1 teaspoon of dried oregano
- 5 cloves of garlic, minced
- 3 tablespoons of cider vinegar
- 1/4 cup of lemon juice
- 1/3 cup of olive oil
- 1/2 teaspoon of salt
- 1/2 teaspoon of pepper

Directions:

1. In a mixing dish, combine the onion, red bell pepper, olives, and corn.
2. In a small mixing bowl, combine apple cider vinegar, lemon juice, olive oil, oregano, garlic, salt, and pepper until thoroughly combined; pour over the corn mixture and toss to coat. Fill sterilized jars or cans with the mixture and seal them. Place it in the refrigerator until ready to serve.

Per serving: Calories: 81 kcal, Fat: 6.5 g, Carbs: 6.1 g, Protein: 1.1 g

Fresh Green Salsa

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 12-pint jars

Ingredients:

- 2 jalapeno peppers, diced
- 6 green onions, sliced
- 7 cups of tomatoes, diced
- 4 cloves of garlic, minced
- 2 tablespoons of minced cilantro
- 4 drops of hot pepper sauce
- 2 tablespoons of lime juice
- 1/2 cup of vinegar
- 2 teaspoons of salt

Directions:

1. In a saucepan, combine all of the ingredients and bring to a boil, then simmer for 15 minutes. Fill sterilized jars halfway with the mixture and seal them.
2. Bring a hot water bath to a boil for approximately 15 minutes, then let it cool before storing it in the refrigerator.

Per serving: Calories: 5 kcal, Fat: 0 g, Carbs: 0.4 g, Protein: 0.2 g

Mild Jalapeno Tomato Salsa

Preparation time: 40 minutes

Cooking time: 20 minutes

Servings: 10 pints

Ingredients:

- 10 ½ pounds of tomatoes, peeled, quartered
- 3 large onions, chopped
- 4 medium green peppers, chopped
- 1 medium sweet red pepper, chopped
- 1 celery rib, chopped

- 4 jalapeno peppers, seeded, chopped
- 24 ounces of tomato paste
- 1/4 teaspoon of hot pepper sauce
- 1 3/4 cups of white vinegar
- 1/2 cup of sugar
- 15 garlic cloves, minced
- 1/4 cup of canning salt

Directions:

1. Cook, uncovered, for 20 minutes in a large stockpot over medium heat. Reserve 2 cups of the liquid after draining. Put the tomatoes back in the saucepan.
2. Combine the remaining ingredients and the leftover tomato juice in a mixing bowl. Bring the water to a boil. Reduce to a low heat and cover for 1 hour, stirring frequently.
3. Fill hot sterilized 1-pint jars with the heated mixture, leaving a 1/4-inch gap at the top. Remove any air bubbles and adjust the headspace if required by pouring hot liquid.
4. With a soft towel, wipe the rims. Screw on the bands until they are fingertip tight. Screw on bands until fingertip tight, then screw on jar tops.
5. Place jars in a canner, making sure they are thoroughly submerged in water. Allow it to boil for 20 minutes. Cool the jars before removing them.

Per serving: Calories: 14 kcal, Fat: 0 g, Carbs: 3 g, Protein: 0 g

Lemon Strawberry Sauce

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 2 pints

Ingredients:

- ¼ cup lemon juice
- 2 lb. strawberries
- 4 cups granulated sugar

Directions:

1. In a large mixing basin, smash the strawberries in batches using a potato masher until you have 3 cups of crushed berries. If you desire more chunkiness, leave the strawberries more intact.
2. Combine the strawberries, sugar, and lemon juice in a heavy-bottomed, nonreactive saucepan. Stir over medium heat until the sugar dissolves, then raise the heat to high and boil for 15 minutes, stirring regularly.
3. Fill a jar halfway with the sauce. Transfer the sauce using a funnel, giving enough space for safety.
4. To remove any sauce or liquid from the rims of the jars, rinse them with a wet, clean, lint-free cloth or paper towel and then with a dry towel.
5. Place the canning lid on the jar and screw the canning ring on until it fits snugly.
6. Using the canning tongs, carefully set the jars in the water bath and cover the canning pot. Set the timer for 10 minutes and process in the water bath.

Per serving: Calories: 5 kcal, Fat: 0g, Carbs: 1g, Protein: 0g

Mexican-Inspired Salsa

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8 pints

Ingredients:

- 8 large cloves garlic, chopped
- 4 medium jalapeños, chopped
- 2 1/2 cups diced onion
- 2 1/2 cups diced green bell peppers
- 9 cups chopped tomatoes
- 1 ½ cup tomato paste
- 1 cup white vinegar
- 6 tsps. canning salt

Directions:

1. Boil the whole tomatoes in water for at least 1 minute before removing and cooling. Peel to remove the skin, then combine it with the other ingredients in a saucepan.
2. Simmer for around 30 minutes. Seal the sterilized jars with the salsa. In a hot water bath, cook for 30 minutes. Allow it to cool before storing it in the refrigerator.

Per serving: Calories: 23kcal, Fat: 0.2 g, Carbs: 5.2 g, Protein: 1.1 g

Red Onion & Tomato Salsa

Preparation time: 30 minutes

Cooking time: 1 hour & 20 minutes

Servings: 8 pints

Ingredients:

- 3 red onions, chopped
- 4 green peppers, chopped
- 10 pounds tomatoes, quartered
- 3 cups tomato paste
- 1-3/4 cups white vinegar
- 1/2 tsps. hot pepper sauce

- 1/4 cup canning salt
- 5 jalapeno peppers, seeded and chopped
- 15 garlic cloves, minced
- 1 celery rib, chopped
- 1 medium sweet red pepper, chopped
- 1/2 cup sugar

Directions:

1. Boil tomatoes in a large saucepan for approximately 20 minutes, or until soft; drain and set aside the cooking liquid.
2. Return the saucepan to the heat and add the remaining ingredients; cook for 1 hour before removing from the heat. Fill sterilized jars with the mixture and seal.
3. Process for 30 minutes in a hot water bath, then chill before storing in the refrigerator or freezer.

Per serving: Calories: 14kcal, Fat: 0 g, Carbs: 3 g, Protein: 0 g

Spiced Peas, Corn & Bean Salsa

Preparation time: 15 minutes

Cooking time: 0 minutes

Servings: 8 pints

Ingredients:

- 2 cups canned whole kernel corn, drained
- 2 cups canned black beans, drained
- 2 cups canned black-eyed peas
- 2 cups diced tomatoes
- 1/2 cup diced jalapeno peppers
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red onion
- 1 cup Italian-style salad dressing
- 1/2 teaspoon garlic salt

Directions:

1. In a large mixing bowl, combine corn, black beans, peas, tomatoes, onions, jalapeo, and green bell pepper.
2. Transfer to jars or cans and season with garlic salt and Italian salad dressing. Refrigerate, covered, until ready to use.

Per serving: Calories: 155kcal, Fat: 6.4 g, Carbs: 20.4 g, Protein: 5 g

Bean & Pineapple Salsa

Preparation time: 15 minutes

Cooking time: 0 minutes

Servings: 8 pints

Ingredients:

- 1 cup chopped pineapple
- 2 peppers green chili peppers, diced
- ¼ cup chopped onions
- 15 ounces black beans
- 1 cup frozen corn kernels
- ½ cup diced green bell pepper
- ½ cup diced red bell pepper
- ¼ cup orange juice
- ¼ cup chopped fresh cilantro
- ½ tsp ground cumin
- 1 pinch salt
- 1 pinch pepper

Directions:

1. Combine all of the ingredients in a large mixing basin and season with salt, cumin, and pepper. Transfer to a container and carefully close the lid. Refrigerate until completely cool before serving.

Per serving: Calories: 93 kcal, Fat: 0.5 g, Carbs: 19.3 g, Protein: 4.5 g

Corn & Avocado Salsa

Preparation time: 15 minutes

Cooking time: 0 minutes

Servings: 8 pints

Ingredients:

- 4 avocados, diced
- 2 cups frozen corn kernels, thawed
- 1 small onion, chopped
- 1 red bell pepper, chopped
- 1/2 cup sliced ripe olives, drained
- 1 teaspoon dried oregano
- 5 cloves garlic, minced
- 3 tbsps. cider vinegar
- 1/4 cup lemon juice
- 1/3 cup olive oil
- 1/2 tsps. salt
- 1/2 tsps. pepper

Directions:

2. In a mixing dish, combine the onion, red bell pepper, olives, and corn. In a small mixing bowl, combine the apple cider vinegar, lemon juice, olive oil, oregano, garlic, salt, and pepper.
3. Toss in the corn mixture until evenly coated. Fill sterilized jars or cans with the mixture and seal them. Place it in the refrigerator until ready to serve.

Per serving: Calories: 81kcal, Fat: 6.5 g, Carbs: 6.1 g, Protein: 1.1 g

Lavender-Infused Apricot Butter

Preparation time: 15 minutes

Cooking time: 1 Hour

Servings: 2 Jars

Ingredients:

- 25 apricots, peeled, chopped and pitted
- 3 tbsps. freshly squeezed lemon juice
- 2 ½ tbsps. lavender buds (food grade)
- 3 cups white sugar
- 1/2 cup water

Directions:

1. Wrap the lavender buds in cheesecloth tightly. In a big saucepan, combine the water and apricots and boil over medium-high heat. Bring it to a boil with the wrapped lavender blossoms.
2. Bring to a simmer and continue to boil until the apricots soften and the lavender taste is to your satisfaction.
3. Remove from the heat and puree the apricots with an immersion blender until smooth. Return to the fire and stir in the sugar and lemon juice until it begins to softly boil. Reduce the heat and keep stirring to prevent it from burning. When the butter begins to adhere to the spoon, remove it from the heat.
4. Prepare a hot water bath for canning, then ladle the butter into the prepared jars and carefully seal them. After 15 minutes, transfer to a cold, dry spot.

Per serving: Calories: 96 kcal, Fat: 0 g, Carbs: 26 g, Protein: 0 g;

Rich Vanilla-Infused Pear Butter

Servings: 4 Jars

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients:

- 10 cups pears, chopped

- ¼ cup fresh lemon juice
- ¼ cup orange juice
- 1 tsp lemon zest
- 1 tbsp orange zest
- ½ cup water, more if needed
- 2 cups sugar
- ¾ tsps. cardamom
- 2 tsps. vanilla bean paste
- ¾ tsps. nutmeg
- 1 tsp cinnamon

Directions:

1. In a large saucepan, bring the diced pears, lemon zest and juice, orange zest, and water to a slow boil.
2. Reduce the heat to low and simmer for 20 minutes, stirring occasionally to prevent it from sticking to the bottom.
3. Blend the cooked pears until the required consistency is achieved, then transfer the puree to a saucepan. Combine the sugar, vanilla paste, orange juice, and spices in a mixing bowl. Continue to whisk over medium heat until the sugar melts and the sauce thickens. It should adhere to a spoon.
4. Fill prepared storage jars with batter, allowing a 14-inch headspace. Seal the jars tightly and process them for canning by immersing them in a hot water bath for 15 minutes.
5. Keep it in a cool, dry place.

Per serving: Calories: 33 kcal, Fat: 0 g, Carbs: 6.3 g, Protein: 0 g;

Canned Sauerkraut

Preparation time: 15 minutes

Cooking time: 45 minutes

Servings: 6 jars

Ingredients:

- 2 medium cabbages, chopped
- 6 tbsps. pickling salt

Directions:

1. In a large mixing basin, combine the chopped cabbage and the pickling salt. Toss well to mix, and set aside for 10 minutes to let the extra water evaporate.
2. After 10 minutes, gently pound the cabbage to extract as much liquid as possible.
3. Drain the water into a separate container, then put the cabbage into the prepared storage jars, allowing some room for water to cover them.
4. Cover the cabbage in the jars with the same water you emptied from them, leaving a 14-inch headspace.
5. Use a weight to keep the cabbage submerged.
6. Allow it to ferment for 3 weeks, or until desired, before using a pressure canner to prepare your jars.

Per serving: Calories: 32 kcal, Fat: 0.1 g, Carbs: 7.8 g, Protein: 1.8 g

Vegetable Recipes

Pickled Green Beans

Preparation time: 15 minutes

Cooking time: 2 Hours

Servings: 6

Ingredients:

- 4 lbs. green beans
- 5 teaspoons crushed red pepper flakes
- 5 teaspoons mustard seeds
- 5 teaspoons dill seeds
- 10 garlic cloves, one per jar
- 5 cups water
- 5 cups vinegar
- 1/3 cup salt

Directions:

1. Wash the green beans and chop them into the jars you have available.
2. While the water, vinegar, and salt come to a boil, combine the red pepper flakes, mustard seeds, dill seeds, and garlic cloves and divide them evenly among the jars.
3. Pour the boiling liquids over the beans, seal the jars, and place them in a water bath for 5 minutes.
4. Allow it to thoroughly cool before storing.

Per serving: Calories: 145 kcal, Fat: 2.35 g, Carbs: 21.55 g, Protein: 5.17 g

Chunky Zucchini Pickles

Preparation time: 15 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 14 cups unpeeled zucchini (I peeled half of them because this zucchini was huge and the skin was tougher than smaller zucchini)
- 6 cups finely chopped onions
- $\frac{1}{4}$ cup pickling or canning salt
- 3 cups granulated sugar
- 4 tablespoons Clearjel (I have never seen this in stores, but you can purchase it online, I used 2 tbsp. corn starch, instead)
- $\frac{1}{4}$ cup dry mustard
- tablespoon ground ginger
- 1 teaspoon ground turmeric
- $\frac{1}{2}$ cup water
- cups white vinegar
- 1 red bell pepper, chopped in fine bites

Directions:

1. In a large stainless steel or glass mixing bowl, combine the onions and zucchini. Sprinkle with pickling salt, cover, and let aside for 1 hour at room temperature.
2. Drain well in a colander placed over a sink. I also washed some of the mixture since I've done it before with pickles, but the recipe states to DRAIN, not rinse. They were still salty.
3. Make preparations for water bath canning. Sterilize your jars in the oven for 30 minutes at 250 degrees Fahrenheit.
4. In a large stainless steel saucepan, combine the sugar, Clearjel (or corn starch), mustard, ginger, and turmeric. Dry the ingredients well. Blend in the water gradually. Mix in the vinegar and red pepper.

5. Bring the mixture to a boil over medium-high heat, stirring regularly to dissolve the sugar and prevent lumps from forming. Reduce the heat to low and continue to whisk constantly until the mixture thickens, approximately 6 minutes. Bring the zucchini mixture back to a boil.
6. Fill hot sterilized jars halfway with the zucchini mixture, allowing 1/2 headspace. To correct the headspace and eliminate air bubbles, add more hot zucchini mixture.
7. With a moist cloth, wipe the rim. Screw rings and snaps onto each jar, tightening the bands until they are fingertip tight.
8. Place the jars in a canner, covering them fully with water. Bring it to a full boil and cook for 10 minutes. When the timer goes off, remove the canner lid and wait 6 minutes before transferring the jars to a folded clean towel on the counter.
9. Examine the seals, label, and store them. Any unopened jars should be refrigerated.

Per serving: Calories: 126 kcal, Fat: 0.42 g, Carbs: 29.68 g, Protein: 1.4 g

Pickled Brussels Sprouts

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 3 lbs. fresh Brussels sprouts, halved
- A medium sweet red pepper, finely chopped
- 6 garlic cloves, halved
- 1 medium onion, thinly sliced
- A teaspoon red pepper flakes, crushed
- 1 tablespoon celery seeds
- 1 tablespoon whole peppercorns

- A tablespoon canning salt
- ½ cup sugar
- 2 ½ cups white vinegar
- 2 ½ cups water

Directions:

1. Bring a Dutch oven three-quarters full of water to a boil.
2. Cook, covered, for 4 minutes, or until the Brussels sprouts are tender-crisp.
3. Place in ice water after removing with a slotted spoon. Pat dry after draining.
4. Fill six hot 1-pint jars with Brussels sprouts.
5. Divide the garlic and pepper flakes amongst the jars.
6. Bring the remaining ingredients to a boil in a big saucepan.
7. Scoop the boiling liquid over the Brussels sprouts, leaving a 14-inch gap on top. Remove any air bubbles and, if necessary, correct headspace with a hot mixture. Wipe the rims gently. Screw on bands until fingertip tight, then screw on caps to your jars.
8. Place jars in a canner filled with simmering water, ensuring they are thoroughly submerged. Allow it to boil for 10 minutes. Cool the jars before removing them.

Per serving: Calories: 256 kcal, Fat: 1.69 g, Carbs: 49.72 g, Protein: 12.74 g

Mustard Pickled Vegetables

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 head cauliflower
- 20 small green tomatoes
- 3 green bell peppers
- 4 cups pickling onions
- 2 pickling cucumbers
- 1 cup sugar
- $\frac{3}{4}$ cup flour
- $\frac{1}{2}$ cup dry mustard
- 1 tablespoon turmeric
- 7 cups apple cider vinegar
- 7 cups water
- 1 cup pickling salt

Directions:

1. Wash and cut all of the vegetables.
2. Toss the veggies with salt in a large nonreactive dish or saucepan.
3. Pour a quart of water over them all and let them soak overnight.
4. Then drain, then cover with boiling water and set aside for 10 minutes. Drain.
5. Cook until thick with the sugar, flour, spices, vinegar, and 3 cups of water.
6. Cook until the vegetables are tender-crisp.
7. Fill pint jars halfway with liquid, allowing 12 inches of headroom.
8. Wipe the rims, screw-on lids, and rings clean.
9. Finish the canning process by immersing the cans in a hot water bath for 15 minutes.

Per serving: Calories: 271 kcal, Fat: 3.2 g, Carbs: 108.88 g, Protein: 12.32 g

Tarragon Pickled Green Beans

Preparation time: 15 minutes

Cooking time: 2 Hours

Servings: 5

Ingredients:

- 6 garlic cloves, thinly sliced
- 36 whole peppercorns, crushed
- 3 lbs. green beans, washed and trimmed to 4 inches
- 6 sprigs fresh tarragon (can be substituted with 12 basil sprigs)
- 3 ½ cups white wine vinegar, or just white vinegar
- 3 ½ cups water
- 2 tablespoons pickling salt or Kosher salt

Directions:

1. Prepare the lids.
2. After that, divide the garlic and peppercorns into six 6-pint jars.
3. Fill the jars halfway with green beans and top with tarragon or basil sprigs.
4. On medium heat, bring the water, vinegar, and salt to a boil. Pour over the green beans in the jars, leaving a 12" headspace.
5. In the boiling water, cook for 5 minutes. Remove it and set it aside to cool. As it cools, you should hear a ping.

Per serving: Calories: 107 kcal, Fat: 1.43 g, Carbs: 15.8 g, Protein: 3.55 g

Pickled Curry Cauliflower

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 1 ½ tablespoon canning salt
- 4 cups vinegar
- 3 cups water
- 3 teaspoons cumin seeds
- 3 teaspoons turmeric
- 3 teaspoons curry powder
- 5 lbs. cauliflower
- 6 Serrano peppers

Directions:

1. Combine the water, salt, and vinegar in a 4-quart kettle. Bring it to a moderate boil and whisk to help dissolve the salt. heat until ready to use.
2. Cauliflower should be packed into jars. Each jar contains 12 teaspoons cumin seeds, turmeric, curry powder, and 1 serrano pepper.
3. Fill the jars with hot brine, allowing a 12-inch headspace.
4. 12 minutes in the processor
5. Remove from water and leave to cool for 12 hours.

Per serving: Calories: 213 kcal, Fat: 2.26 g, Carbs: 34.06 g, Protein: 11.76 g

Spicy Dill Pickles

Preparation time: 15 minutes

Cooking time: 1 Hour

Servings: 5

Ingredients:

- ½ teaspoon red pepper flakes

- 10 garlic cloves, peeled and smashed
- 5 teaspoons dill seed, separated
- 2 tablespoons canning salt
- 3 tablespoons honey
- 4 cups water
- 1 cup white vinegar
- 3 cups apple cider vinegar
- 11 lbs. cucumber

Directions:

1. Combine the vinegar, honey, salt, and water. Bring it to a boil, then reduce it to a low temperature.
2. Remove 12 inches of cucumber from either end and discard it. Cut 14-inch pieces and lay them aside. If you are not using a fresh cucumber, soak it for 2 hours in cold water beforehand.
3. To each container, add one crushed garlic clove and one spicy pepper, or 12 red pepper flakes. Pack cucumbers in tightly, leaving 12 inches of headroom. On top, sprinkle with 12 tsp. of dill seed.
4. Pour the brine over, leaving the same amount of headroom.
5. Boiling water should be used to process the jars for 10 minutes.
6. Remove from the oven and set aside to cool for 12 hours.
7. Keep it in a dark, dry area for two weeks before using or storing it.

Per serving: Calories: 284 kcal, Fat: 1.64 g, Carbs: 67.43 g, Protein: 7.48 g

Spiced Beets

Preparation time: 5 minutes

Cooking time: 60 minutes

Servings: 4

Ingredients:

- ¼ teaspoon salt
- ¾ teaspoon allspice
- ¾ teaspoon cloves
- ¼ stick cinnamon
- ¼ piece mace
- 1 ½ teaspoon celery seed
- 2 cups cider vinegar, 5% acidity
- 1 cup sugar
- 2 pints beets

Directions:

1. For 15 minutes, sterilize a quart jar. Remove the jar from the water and add the vinegar mixture. Fix the cover and leave it for two weeks.
2. Take out the spice bag. Cook fresh beets until soft yet firm, then set them aside to cool. Beets should be peeled. Warm the vinegar and stir in 12 cups of the beet liquid. Simmer for 15 minutes after adding the beets.
3. Fill sterile jars halfway with vinegar, making sure the beets are well covered. Remove any air bubbles and fine-tune the lids. In a boiling water bath, cook for 10 minutes.

Per serving: Calories: 144 kcal, Fat: 0.29 g, Carbs: 30.54 g, Protein: 0.82 g

Spicy Carrots

Preparation time: 5 minutes

Cooking time: 60 minutes

Servings: 4

Ingredients:

- ¼ teaspoon salt
- ¾ teaspoon allspice
- ¾ teaspoon cloves
- ¼ stick cinnamon
- ¼ piece mace
- 1 ½ teaspoon celery seed
- 2 cups cider vinegar, 5% acidity
- 1 cup sugar
- 2 pints carrots

Directions:

1. Tie the salt and spices together in a tiny cloth bag. For 15 minutes, bring the vinegar, sugar, and spices to a boil. Boiling water sterilizes a quart jar for around 15 minutes. Remove the jar from the water and add the vinegar mixture. Fix the cover and leave it for two weeks.
2. Take out the spice bag. Allow fresh carrots to cool after cooking until soft yet firm. Warm the vinegar and stir in 12 cups of the carrot juice. Cook for 15 minutes after adding the carrots.
3. Fill sterile jars halfway with vinegar, making sure the carrots are well covered. Remove any air bubbles and fine-tune the lids. In a boiling water bath, cook for 10 minutes.

Per serving: Calories: 134 kcal, Fat: 0.26 g, Carbs: 28.51 g, Protein: 0.33 g

Sweet and Sour Fennel

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2-3 pint jars

Ingredients:

- 1 lb. fennel bulbs

- 3 tbsp chopped fresh chives
- 1/3 cup olive oil
- 1 tbsp salt
- 1/2 cup turbinado cane sugar
- 3 cups of water
- 2 cups white wine vinegar

Directions:

1. Prepare your jars by sterilizing them in hot water.
2. Fennel should be cored and sliced before being rinsed well under running water.
3. Combine the salt, vinegar, and water in a big saucepan. Before adding the other ingredients, bring the liquid to a boil. Allow the mixture to simmer for 3 minutes more.
4. Remove the fennel pieces from the mixture using a slotted spoon and set them in the jars. Pour the liquid over the fennel pieces, leaving adequate space between them.
5. Prepare and put the lids on according to the procedure.
6. Prepare your water bath canner by filling it halfway with water. Bring the canner to a boil over high heat. Place the jars in the water with care, ensuring that everything is thoroughly submerged. Bring the canner back to a boil and cover it with the lid. process for 15 minutes as soon as it begins to boil.
7. When completed, remove the jars and chill them as directed. However, before ingesting the cooled jars, keep them in a dark and cold location for a week.

Per serving: Calories: 214 kcal, Fat: 14.45 g, Carbs: 17.57 g, Protein: 1.18 g

Crisp Okra

Preparation time: 15 minutes

Cooking time: 45 minutes

Servings: 3 pint jars

Ingredients:

- 1 ½ lbs. fresh okra
- 3 dried red chili peppers
- 3 tsp dried dill
- 2 cups water
- ½ cup apple cider vinegar
- ½ cup white vinegar
- 2 tbsp salt

Directions:

1. Before putting the okra in the sterilized jars, carefully wash and rinse it.
2. Fill each jar with an equal quantity of okra, chile, and dill.
3. In a small saucepan, combine the salt, vinegar, and water and bring to a boil.
4. Fill each jar halfway with the hot liquid, leaving plenty of space at the top.
5. Follow the processing instructions to prepare the jars for good sealing.
6. Prepare your water canner by filling it halfway with water. Bring the water to a boil before putting the jars on the rack. Make sure there is adequate room around the jars and that there is enough water to cover them.
7. Bring the water to a boil, cover, and begin the 10-minute cooking period.
8. Follow the required cooling time.

Per serving: Calories: 76 kcal, Fat: 0.59 g, Carbs: 16.24 g, Protein: 3.36 g

Tasty Pickled Cauliflower

Preparation time: 30 minutes

Cooking time: 10 minutes

Servings: 12

Ingredients:

- 2-1/2 lbs. cauliflower florets
- quart white wine vinegar
- 2 thinly sliced onions, medium
- 1/2 tablespoon red pepper flakes, hot
- 2 cups sugar

Directions:

1. Bring a saucepan of water to a boil over high heat, then stir in 1/4 cup pickling salt.
2. Bring the florets to a boil for 3 minutes, then drain.
3. In a medium saucepan, whisk together the vinegar, onions, pepper flakes, and sugar until the sugar is dissolved.
4. Cook for 5 minutes on low-medium heat before removing from heat.
5. Fill heated jars halfway with florets and onions, then add the vinegar solution on top. Make sure the pepper flakes are spread equally. Allow 1/2 inch of headroom.
6. Assuring fingertip tightness, wipe the jar rims clean, then replace the lids and rings.
7. Place the jars in a pot of boiling water for approximately 10 minutes.

Per serving: Calories: 249 kcal, Fat: 0.5 g, Carbs: 56 g, Protein: 8 g

Pickled Jalapenos

Preparation time: 50 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 3-1/2 cups white vinegar
- 1 cup of water
- 1 tablespoon pickling salt
- 1-1/2 lbs. jalapenos peppers, washed and stems cut off

Directions:

1. Combine the vinegar, water, and salt in a saucepan. For approximately 5 minutes, bring it to a boil.
2. Place the peppers into the heated jars, then pour in the hot brine. Allow 1/2 inch of headroom.
3. Remove air bubbles with nonmetal equipment and continue to add brine while maintaining headspace.
4. Wipe the jar rims clean with a wet cloth.
5. Place the jars in a pot of boiling water for approximately 10 minutes.

Per serving: Calories: 765 kcal, Fat: 7 g, Carbs: 50 g, Protein: 16 g

Canned Spicy Garlic Pickled Carrots

Preparation time: 15 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 8-1/2 cups fresh garden carrots, small and peeled
- 5-1/2 cups white vinegar, distilled
- 2 cups of sugar
- 3 Garlic cloves
- 1 cup water
- 2 tablespoons canning salt
- 3 tablespoons pickling spice

Directions:

1. Carrots should be well washed and peeled.
2. Meanwhile, bring vinegar, sugar, garlic, water, and salt to a slow boil in a large stockpot for approximately 3 minutes.
3. Boil the carrots again. Reduce the heat to low and cook for approximately 10 minutes, or until the carrots are half-cooked.
4. Divide the spice evenly among four jars, fill the heated jars halfway with hot carrots, and leave a 1-inch headspace.
5. Fill the jars with pickling liquid, covering the carrots. Allow 1/2 inch of headroom.
6. To eliminate air bubbles, poke a knife into the liquid and carrots, adjusting headspace as needed.
7. Remove any traces of food from the jar rims before applying the 2-piece canning lids.
8. Process the jars in boiling water for approximately 15 minutes, depending on the manufacturer's instructions and altitude.

Per serving: Calories: 557 kcal, Fat: 0g, Carbs: 35 g, Protein: 2 g

Canned Spicy Pickled Asparagus

Preparation time: 40 minutes

Cooking time: 10 minutes

Servings: 7

Ingredients:

- 5 cups water
- 5 tablespoons pickling salt

- 5 tablespoons sugar
- 5 cups vinegar
- 7 halved garlic cloves, large
- 10-12 lbs. asparagus

Directions:

1. In a non-reactive saucepan, combine and thoroughly mix water, salt, sugar, and vinegar. Allow it to gently boil.
2. Garlic cloves should be inserted at the bottom of the jar, then asparagus spears should be added. They should be tightly packed.
3. Fill the hot vinegar mixture into the heated jars. Allow 1/2 inch of headroom.
4. Using a wooden spatula, remove any air bubbles, then add additional vinegar mixture as required to maintain the headspace. Wipe the jar rims clean with a wet cloth.
5. Tighten lids and rings to fingers-tip tight.
6. Place the jars in a pot of boiling water and process for approximately 10 minutes, according to the manufacturer's instructions.

Per serving: Calories: 41 kcal, Fat: 0.3 g, Carbs:8 g, Protein: 3g

Sweet and Spicy Pickled Radishes

Preparation time: 30 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 1-1/2 cups water
- 2 tablespoons canning salt
- 1-1/4 cups white vinegar

- 3/4 cup raw sugar
- 1/4 cup red wine vinegar
- 2 tablespoons mixed peppercorns
- 1 tablespoon mustard seeds
- 1 tablespoon red pepper flakes, dried
- 2 lbs. radishes, 1/8 -inch thick

Directions:

1. In a saucepan, combine all the ingredients except the radishes. Bring the mixture to a boil over high-medium heat, stirring constantly, until the salt and sugar dissolve.
2. Fill heated pint jars halfway with radishes, leaving 1/2 inch of headspace.
3. Scoop the hot vinegar mixture into the jars, leaving a 1/2-inch headspace, and then evenly distribute the seeds, peppercorns, and flakes.
4. Wipe the jar rims clean with a moist cloth before replacing the lids.
5. Process the jars in boiling water for approximately 10 minutes, according to the manufacturer's instructions.

Per serving: Calories: 142 kcal, Fat: 0.6 g, Carbs: 33 g, Protein: 3 g

Pickled Cherry Tomatoes

Preparation time: 30 minutes

Cooking time: 15 minutes

Servings: 7

Ingredients:

- 4-1/2 cups water
- 4 cups vinegar
- 1 cup sugar
- 6 tablespoons canning salt
- 8 cups cherry tomatoes
- 2 cups coarsely chopped celery

- 4 cups coarsely chopped onion
- 2 cups coarsely chopped sweet pepper
- Optional: 1 cup Cucamelon
- 6-7 garlic cloves
- 6-7 heads of dill

Directions:

1. Boil together vinegar, water, salt, and sugar in a saucepot.
2. Pack the veggies into the heated jars, leaving a 1/4-inch headspace.
3. In each jar, place 1 garlic clove and 1 dill head.
4. Fill the heated jars with hot liquid, leaving a 1/4-inch headspace.
5. Remove any air bubbles and check the headspace.
6. Remove any food residue from the jar rims and replace the 2-piece tops.
7. Follow the manufacturer's instructions and cook for around 15 minutes in boiling water.

Per serving: Calories: 72 kcal, Fat: 0.2 g, Carbs: 15 g, Protein: 3 g

Canned Garlic Dill Pickles

Preparation time: 45 minutes

Cooking time: 15 minutes

Servings: 15

Ingredients:

- 3 lbs. onions
- 20 lbs. sliced pickling cucumbers, whole or speared
- 22 cups water
- 10 cups white vinegar

- 1-1/3 cup pickling salt
- 45 garlic cloves, peeled
- 1 sprig fresh dill
- 45 peppercorns

Directions:

1. In a large bowl, layer the onions and cucumber, then season with salt. Place the covered container with ice cubes in the refrigerator for approximately 2 hours.
2. Drain well and rinse thoroughly. Use a colander to rinse and drain.
3. Boil water, vinegar, and pickling salt together.
4. Fill each heated quart jar with onions and cucumbers after adding 3 garlic cloves and 1 fresh dill sprig.
5. Pour the hot vinegar mixture into the heated jar, leaving a 1/2-inch headspace.
6. Remove any air bubbles before wiping the jar rims. Attach the lids and rings.
7. Place the jars in a pot of boiling water and process for approximately 10 minutes, according to the manufacturer's instructions.

Per serving: Calories: 175 kcal, Fat: 0.8g, Carbs: 29.9g, Protein: 5.6g

Canned Pumpkin

Preparation time: 35 minutes

Cooking time: 60 minutes

Servings: 3-quart jars

Ingredients:

- 1 lb. Pie pumpkins
- Water

Directions:

1. Begin by removing the stem as if you were going to bend the pumpkin, then cut it into four equal wedges.
2. Scrape out the seeds, then peel the pumpkin with a knife. The pumpkin should be cut into 1-inch chunks.
3. After that, insert the pumpkin cubes into a big pot and fill it with water until barely covered.
4. Boil the pumpkin and water for 2 minutes. Transfer the pumpkin pieces into the jars with care, being careful not to shatter them.
5. Fill each jar halfway with cooking liquid, leaving 1 inch at the top. Wipe the jar rims clean with a wet cloth.
6. After that, cover the jars with lids and rings and set them in the pressure canner.
7. Boiling water should be used to process the jars for 60 minutes for quart jars and 55 minutes for pint jars.

Per serving: Calories: 151 kcal, Fat: 5.37 g, Carbs: 8 g, Protein: 17.63 g

Meat Recipes

Stroganoff

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 pound canned beef
- 2 sliced onions
- 8 oz. sliced mushrooms
- 1 tsp. Worcestershire sauce
- 1/4 cup butter
- 1 clove chopped garlic
- 1/2 tsp. salt
- 1-1/2 cups beef broth
- 1-1/2 cups sour cream
- 1/4 cup all-purpose flour
- 3 cups egg noodles, hot cooked

Directions:

1. Cook mushrooms, garlic, and onions in butter for 10 minutes in a pan over medium heat.
2. Remove the veggies and brown the meat in the same pan.
3. Bring it to a boil with the Worcestershire sauce, salt, and 1 cup of broth.
4. Turn the heat down low. Simmer for 15 minutes, covered.
5. Stir the remaining liquid into the flour, then into the meat in the skillet.
6. Allow the onion mixture to simmer for approximately 1 minute, stirring occasionally.
7. Heat but do not boil the sour cream.
8. Serve with freshly cooked egg noodles.

Per serving: Calories: 340 kcal, Fat: 9 g, Carbs: 44 g, Protein: 20 g

Beef Stew

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 3 tbsps. flour
- 2 pounds canned beef
- 1 package beef stew seasoning mix powder
- 2 tbsps. vegetable oil
- 5 cups frozen bagged vegetables
- 3 cups water

Directions:

1. Flour the meat, then brown it in oil in a pan over medium-high heat.
2. Mix in the water and spices.
3. Bring the frozen veggies to a boil.
4. Reduce the volume to low.
5. Simmer for 15 minutes, covered.

Per serving: Calories: 302 kcal, Fat: 7 g, Carbs: 26 g, Protein: 35 g

Beef Paprikash

Preparation time: 20 minutes

Cooking time: 240 minutes

Servings: 6

Ingredients:

- 1 sliced onion
- 2 tbsps. flour
- 1/4 tsp. black pepper
- 1/4 tsp. salt
- 2 minced cloves of garlic

- 2 chopped red bell peppers
- 2 tbsps. sweet paprika
- 1/2 cup beef broth
- 2 tbsps. tomato paste
- 1/2 cup sour cream
- 1 tsp. caraway seeds
- 1/4 cup chopped fresh dill
- 2 pounds canned beef

Directions:

1. Put the onions in the slow cooker.
2. Toss the meat in flour with salt and pepper in a small basin.
3. Seasoned meat should be placed on top of the onions.
4. In the slow cooker, spread the garlic and bell peppers.
5. In a separate small bowl, combine the paprika, broth, caraway, and tomato paste.
6. Serve the sauce over the meat.
7. Cook, covered, for 4 hours on high or 8 hours on low.
8. Uncover and remove it from the heat; set it aside for 10 minutes.
9. Mix in the dill and sour cream.

Per serving: Calories: 360 kcal, Fat: 22 g, Carbs: 42 g, Protein: 31 g

Apricot Pork

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1/2 tsp. salt
- 1/2 tsp. dried thyme

- 1 pound canned pork
- 2 tbsps. olive oil
- 1 sliced onion
- 1 tbsp. butter
- 2 tbsps. apricot jam
- 1/2 cup chicken broth
- 1 tbsp. Dijon mustard

Directions:

1. On both sides, season the pork with salt and thyme.
2. Cook for 3 minutes each side in a pan with oil over medium-high heat; do not crowd.
3. Remove skillet from heat and melt butter in it.
4. Cook the onion for 3 minutes before adding the jam, mustard, and broth.
5. Bring it to a boil while constantly stirring.
6. Cover and cook for 5 minutes on medium-low heat.
7. Return the pork to the pan and swirl to coat it with the sauce.
8. Cover and continue to cook for 5 minutes longer to thoroughly heat the meat.

Per serving: Calories: 288 kcal, Fat: 7 g, Carbs: 26 g, Protein: 28 g

Spicy Pork

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 pounds canned pork
- 1 tbsp. minced garlic
- 1 sliced onion
- 1 tbsp. smoked paprika
- 1 minced canned chipotle chile

- 2 tsps. fresh oregano
- 2 cups canned chopped tomatoes in juice
- 1 tbsp. red wine vinegar

Directions:

1. Cook the onion and garlic in oil for 5 minutes in a pan over medium heat.
2. Cook for 3 minutes longer while tossing in the paprika, pepper, and oregano.
3. Put everything in a slow cooker.
4. Mix in the vinegar and tomatoes.
5. Turn the heat up to high and add the meat.
6. Cook for 4 hours, covered.

Per serving: Calories: 205 kcal, Fat: 7 g, Carbs: 9 g, Protein: 27 g

Lamb Pot

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 sliced onion
- 2 sprigs rosemary, chopped
- 2 cups lamb or beef gravy
- 1 pound canned lamb
- 3/4 pound thinly sliced potatoes

Directions:

1. Boil potatoes for 10 minutes in salted water.
2. Brown the lamb in an ovenproof skillet for 5 minutes.
3. Preheat the broiler to medium.
4. Cook for 3 minutes with the onion and rosemary in the pan with the lamb.

5. Mix in the pepper and gravy.
6. Drain the potatoes and serve with the meat on top.
7. 5 minutes under the broiler.

Per serving: Calories: 226 kcal, Fat: 12 g, Carbs: 25 g, Protein: 21 g

Braised Lamb

Preparation time: 15 minutes

Cooking time: 100 minutes

Servings: 4

Ingredients:

- 1 sliced onion
- 1 tbsp. olive oil
- 1 crushed and peeled clove of garlic
- 1 diced red bell pepper
- 2 shredded sprigs of basil
- 1 tsp. tomato puree
- 1-1/2 cups water
- 1-3/4 cups tomato sauce
- 1 pound canned lamb

Directions:

1. In a large saucepan, sauté the onions in olive oil for 10 minutes.
2. To the saucepan, add the lamb, red pepper, garlic, and tomato puree.
3. Stir in the tomato sauce, basil, and water.
4. Simmer on low for 90 minutes, covered.

Per serving: Calories: 258 kcal, Fat: 17 g, Carbs: 0 g, Protein: 26 g

Lamb and Veggies

Preparation time: 15 minutes

Cooking time: 40 minutes

Servings: 2

Ingredients:

- 1 sprig chopped rosemary
- 1 minced hot chile pepper
- 1/4 cup chopped fresh mint
- 4 tbsps. lime juice
- 1 minced clove of garlic
- 6 tbsps. olive oil
- 1 cubed eggplant
- 1 pound lamb
- 2 chopped red bell pepper
- 1 tbsp. butter
- 2 chopped green onions
- 1-1/2 cups boiling water
- 10 oz. boxed couscous

Directions:

1. In a small bowl, combine mint, rosemary, chile pepper, lime juice, garlic, and 2 tbsp.
2. Marinate the lamb for at least 1 hour.
3. Preheat the oven to 350° Fahrenheit.
4. On a baking pan, toss the peppers, onions, and eggplant with 3 tablespoons of olive oil until evenly covered.
5. 20 minutes in the oven
6. Remove the lamb from the marinade and cook for 10 minutes in a large pan with the remaining olive oil over medium heat.
7. In a medium saucepan, melt the butter and mix in the couscous.
8. Cook until the water is boiling, then cover and remove the pot from the heat. Allow it to cook for 10 minutes.

9. To serve, fluff the couscous with a fork and top with the meat and veggies.

Per serving: Calories: 400 kcal, Fat: 67 g, Carbs: 7 g, Protein: 10 g

Canned Beef

Preparation time: 15 minutes

Cooking time: 2 hours

Servings: 5

Ingredients:

- 5 pounds cubed beef, any cut
- 5 pint-sized mason jars with lids and rings
- Canning salt

Directions:

1. Make cubes out of the meat.
2. Then fill canning jars with one inch of space at the top with the meat.
3. 12 teaspoons of canning salt per pint.
4. Work down the walls of the jars with a knife, removing any air pockets.
5. Wipe the jar lids and rims clean.
6. Put on the lids and fasten the rings.
7. Boil lids for 3 minutes; place lids on jars and gently tighten rings.
8. Fill all of the jars in your canner to the jar rings with water; add vinegar to the water.
9. Close and seal the pressure canner, bring it to a boil over high heat, and fill it with cooking weight.
10. Cook for 75 minutes after turning the heat to medium after 20 minutes.
11. Turn off the heat and let the canner alone until it reaches room temperature.

12. After the canner has cooled, remove the jars and inspect them for sealing.
13. If the jars are sealed, the meat can be preserved for up to 2 years; if not, consume the meat immediately.

Per serving: Calories: 241 kcal, Fat: 10.36 g, Carbs: 0 g, Protein: 37.23 g

Pulled Pork

Preparation time: 5 minutes

Cooking time: 90 minutes

Servings: 2

Ingredients:

- 3-5 lbs. pork rear (barbecued or slow-cooked. It needs to be tender enough to be pulled apart or shredded)
- 1 quart beef stock or water
- 1-pint jar or homemade barbecue sauce (this is optional)

Directions:

1. This recipe can fill 3 to 5 pint jars. Sterilize your jars and keep them in boiling hot water until ready to use.
2. Fill your pressure canner halfway with water and let it simmer.
3. Boil the beef stock in a stainless steel kettle filled with boiling water. Take it off the heat.
4. Place your heated jars on a cloth and use a canning funnel to fill each jar three-quarters full with the pulled pork.
5. If you like that taste, add a quarter cup of barbecue sauce to each jar. If not, fill the jars halfway with stock or water, allowing one inch of headspace.

6. Remove the air bubbles with a rubber spatula and wipe the jar rims with a cloth or paper towel.
7. Remove the lids from the hot water and set them on the jar rims. Add the rings to the tops of each jar and tighten the seals with your fingers.
8. Place the jars in the canner's canning rack, which should be at the bottom.
9. Follow the manufacturer's manual's venting and sealing procedures.
10. This recipe takes 75 minutes at ten pounds of pressure for pint jars and 90 minutes for quart jars.
11. When the processing time is up, switch off the heat and let the pressure drop to zero on its own.
12. If you have a lid lock, wait till it slips off.
13. Allow a few minutes before attempting to remove the gauge or regulator.
14. Remove the lid from the canner and let it stand for 10 minutes before removing the jars. Place all jars on a clean cloth and set them aside for 12 to 24 hours. Do not handle the jars till the next day.
15. After an hour, the jars will emit a "ping" or "popping" sound. This indicates that the glass is cooling and that the lids are reacting to being pulled into the jars. This indicates that the sealing procedure is underway.
16. Check the lids for sealing after 24 hours. Any jars that did not seal properly should be reprocessed and stored in a dry, cold place. If you do not want to reprocess the pork, you may eat it within 24 to 72 hours.

Per serving: Calories: 149 kcal, Fat: 11.89 g, Carbs: 0.34 g, Protein: 9.38 g

Chopped meat

Preparation time: 5 minutes

Cooking time: 1 Hour and 30 minutes

Servings: 2

Ingredients:

- 2 preferred meat types, fresh, chilled, chopped/ground
- Salt (1 teaspoon for each quart jar)
- 2 cups meat broth
- ¼ cup tomato juice
- 1/8 cup water

Directions:

1. Make tiny slices of cold, fresh beef. If using deer, grind it after combining it with one cup of high-quality hog fat for every three to four cups of venison. Season with cayenne pepper and salt if using fresh-made sausage.
2. Form the mixture into meatballs or patties. If you're using casinged sausage, cut it into three to four-inch links.
3. Cook the meat until it is golden brown. Sauté without shaping if using ground beef.
4. Fill each clean and heated mason jar with salt and the cooked meat (1 teaspoon).
5. Bring the broth to a boil. Fill the jars up to one inch from the top with beef broth, tomato juice, or water.
6. Before adjusting the lids, remove any air bubbles, then pressure can for one hour and fifteen minutes (pints) or one hour and thirty minutes (quarts).

Per serving: Calories: 141 kcal, Fat: 4.23 g, Carbs: 11.98 g, Protein: 14.74 g

Meat Chunks

Preparation time: 5 minutes

Cooking time: 1 hour and 30 minutes

Servings: 7

Ingredients:

- Salt (1 teaspoon for each quart jar)
- Preferred meat, fresh, chilled, cut into chunks/strips
- meat broth, boiling/tomato juice/water

Directions:

1. Remove any extra fat from your chilled premium meat. To eliminate the strong odors from wild foods, immerse them in brine water (5 quarts of water and 5 teaspoons of salt). After rinsing, discard the big bones.
2. Cook your beef pieces until they are rare (you may also brown them with a little fat). Fill clean and hot mason jars with salt and the cooked meat (1 teaspoon). Fill it halfway with your choice of drink, allowing an inch of headroom.
3. If you want to raw pack, first add 1 teaspoon of salt to each jar before adding your raw meat pieces, leaving an inch of headspace and without adding any liquid.
4. Remove any air bubbles and replace the jar lids. Place them in the pressure canner for 1 hour and 15 minutes (pints) or 1 hour and 30 minutes (quarts) (quarts).

Per serving: Calories: 95 kcal, Fat: 3.11 g, Carbs: 0 g, Protein: 15.58 g

Goulash

Preparation time: 15 minutes

Cooking time: 3 hours

Servings: 4

Ingredients:

- 4 lbs. boneless stew beef such as chuck roast
- 4 tablespoons olive oil
- 2 large onions, chopped
- 8 garlic cloves, minced
- 2 teaspoons caraway seeds
- 20 black peppercorns
- 2 red bell peppers, deseeded, julienned
- 4 stalks of celery, diced
- 4 potatoes, peeled and cubed
- 4 tomatoes, chopped
- 3 teaspoons salt
- 1 small Jalapeño pepper, minced,
- 4 cups beef broth
- 1 tablespoon salt
- 3 tablespoons paprika
- 2 teaspoons dry mustard
- Salt and pepper taste
- Bay leave

Directions:

1. Make a spice bag using a big enough piece of cheesecloth. Caraway seeds, bay leaves, and peppercorns should be placed in the center of the fabric, and the four ends should be knotted.
2. Beef should be cut into 1 to 2-inch chunks. Using a paper towel, pat the steak dry.
3. Combine the paprika, salt, and dry mustard in a mixing basin. Roll the meat in the spice mixture.
4. In a broad and deep pan, heat the oil. Brown the steak in batches, browning it well on each side. For good browning, the beef cubes should not contact each other in the pan. Take the meat out of the pan and set it aside.

5. If required, add extra oil. Cook for a few minutes, or until the onions are transparent. Cook for 2 minutes after adding the garlic. Mix in the spices well. Cook for 5 minutes after adding the red bell peppers and tomatoes. Mix in the saved meat.
6. Season with salt and pepper to taste, then add the jalapeo pepper.
7. Bring the broth to a boil over high heat. Reduce the heat to medium-low and cook for 1 hour, covered.
8. Cook for a further 30 minutes after adding the potatoes. The meat should be quite soft and sliced with a fork.
9. Season with salt and pepper, as desired.
10. Fill the jars evenly with hot meat and sauce.
11. For the weighted gauge of the pressure canner, process pints for an hour at 10 pounds of pressure or quarts for an hour and 15 minutes at 10 pounds (11 pounds if the pressure canner has a dial gauge).
12. Remove the jars and set them aside to cool at room temperature before storing.

Per serving: Calories: 218 kcal, Fat: 11.18 g, Carbs: 19.22 g, Protein: 12.09 g

Canned meatballs

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients:

- 2 lbs. ground meat
- Herbs (your choice)
- 2 teaspoons salt
- 2 cups tomato juice

Directions:

1. Sterilize the jars in a pressure canner according to the instructions in this book. Allow the jars to cool completely.
2. In a mixing dish, combine the meat, herbs, and salt. Mix until everything is properly blended.
3. In a saucepan, bring enough water to a boil. Form the ground beef mixture into balls and carefully drop them into the boiling water. Allow for 5 minutes of cooking time before straining the meatballs.
4. Pack the meatballs gently into the sterilized jars. Cover the meatballs fully with tomato liquid. Allow one inch of headroom.
5. Close the lid after removing the air bubbles.
6. Fill your pressure canner halfway with jars and process for 25 minutes.

Per serving: Calories: 217 kcal, Fat: 7.13 g, Carbs: 3.33 g, Protein: 35.78 g

Canned Chipotle Beef

Preparation time: 5 minutes

Cooking time: 48 minutes

Servings: 6

Ingredients:

- 2 lbs. beef brisket, cut into chunks
- 2 teaspoons of salt
- 8 minced garlic cloves
- 2 cups chopped onion
- 2 teaspoons oregano
- ½ cup coriander
- 2 chipotle chilies
- 4 cups beef broth

Directions:

1. Sterilize the jars in a pressure canner according to the instructions in this book. Allow the jars to cool completely.
2. Season the meat in a large saucepan with salt. Turn the heat up to high and sear both sides for 3 minutes. Combine the garlic and onion. Cook for 1 minute more. Mix together the remaining ingredients.
3. Allow the beef to simmer for 20 minutes on medium heat with the lid closed. Turn off the heat and set it aside to cool somewhat.
4. Fill the jars with the mixture.
5. Close the lid after removing the air bubbles.
6. Process the jars in the pressure canner for 25 minutes.

Per serving: Calories: 158 kcal, Fat: 5.87 g, Carbs: 19.06 g, Protein: 7.26 g

Pot Roast in a Jar

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 6

Ingredients:

- 2 lbs. stewing beef, cut into chunks
- 1 cup chopped onions
- 2 teaspoons dried thyme
- 2 minced garlic cloves
- 2 bay leaves
- 1 cup beef broth
- 1 cup dry red wine
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 cup chopped carrots

- 1 cup diced potatoes
- ½ cup chopped celery

Directions:

1. Sterilize the jars in a pressure canner according to the instructions in this book. Allow the jars to cool completely.
2. In a saucepan, combine the meat, onions, thyme, garlic, bay leaves, broth, and wine. Season with salt and black pepper to taste.
3. Turn on the heat and close the lid. Bring to a boil, then reduce to a low heat for another 10 minutes.
4. Cook for another 5 minutes after adding the veggies. Remove it from the heat.
5. Fill sterilized jars with the mixture.
6. Close the lid after removing the air bubbles.
7. Fill the pressure canner halfway with jars. Process it in a pressure canner for 25 minutes.

Per serving: Calories: 249 kcal, Fat: 6.2 g, Carbs: 12.75 g, Protein: 34.45 g

Corned Beef and Potatoes

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 8 cups water
- 1 teaspoon Pickling Spice blend
- 5 lbs. brisket
- 10 cups cubed russet potatoes

Directions:

1. In a kettle, bring the water to a boil.
2. Meanwhile, fill each quart jar with a 14-tablespoon spice combination.

3. Fill the jars halfway with beef and potatoes. Allow 1 inch of headroom.
4. Fill the jars halfway with boiling water. Allow 1 inch of headroom.
5. Remove any air bubbles and adjust the headspace.
6. Using a clean, damp cloth, wipe the rims of the jars.
7. Put on 2-piece metal caps now.
8. Process pint jars in a pressure canner for approximately 85 minutes at 10 pounds of pressure or 11 pounds of pressure if using a weighted-gauge canner (if using a dial-gauge canner).

Per serving: Calories: 524 kcal, Fat: 14.69 g, Carbs: 34.29 g, Protein: 34.96 g

Smoky meatloaf

Preparation time: 5 minutes

Cooking time: 1 ¼ Hour

Servings: 16

Ingredients:

- ¼ French bread loaf
- 5 lbs. ground beef
- 2 onions, chopped
- 4 large eggs
- 1 ½ cups ketchup
- 2 tablespoons Worcestershire sauce
- ¾ cup brown sugar
- 2 tablespoons salt
- 1 tablespoon powdered smoke
- 1 tablespoon sage
- 1 tablespoon garlic powder
- ½ tablespoon onion salt
- ½ tablespoon ground black pepper

Directions:

1. Place the bread loaf in a food processor and pulse until it is crumbed.
2. Combine the bread crumbs and the other ingredients in a large mixing bowl and toss until thoroughly combined.
3. Divide the beef mixture among 8 (1-pint) hot sterilized jars, leaving approximately a 1-inch gap at the top.
4. To eliminate any air bubbles, run a knife along the insides of each jar.
5. Remove any remnants of food from the jar rims and replace the lids.
6. Put a lid on each jar and screw on the ring.
7. Place the jars in the pressure canner and process for 75 minutes at 10 pounds of pressure.
8. Remove the jars from the water canner and lay them several inches apart on a wooden surface to cool entirely.
9. After cooling, push the top of each jar's lid with your finger to ensure a secure seal.
10. These canning jars should be kept in a cold, dark area.

Per serving: Calories: 446 kcal, Fat: 24.11 g, Carbs: 18.83 g, Protein: 37.01 g

Beef meatballs

Preparation time: 5 minutes

Cooking time: 1¼ Hour

Servings: 4

Ingredients:

- 6 pounds ground beef
- 6 cups soft breadcrumbs
- 6 large eggs
- ½ cups water

- 1 cup onion, chopped finely
- 1 tablespoon salt
- ¼ teaspoon ground black pepper
- 8 cups hot chicken broth

Directions:

1. In a large mixing basin, combine all of the ingredients (except the broth).
2. Set aside for 15 to 30 minutes.
3. Preheat the oven to 425°F.
4. 2 shallow baking bowls, lightly greased.
5. Form the mixture into 1-inch balls.
6. Arrange the meatballs in a single layer on the prepared baking trays.
7. Bake for 15 minutes at 350°F.
8. Divide the meatballs into 8 (1-pint) hot sterilized jars.
9. Fill each jar halfway with boiling broth, leaving a 1-inch gap at the top.
10. Run a knife along the insides of each jar to eliminate any air bubbles.
11. Using a clean, wet kitchen towel, remove any remnants of food from the jar rims.
12. Put a lid on each jar and screw on the ring.
13. Place the jars in the pressure canner and process for 75 minutes at 10 pounds of pressure.
14. Remove the jars from the pressure canner and lay them several inches apart on a wood surface to cool entirely.
15. After cooling, push the top of each jar's lid with your finger to ensure a secure seal.
16. These canning jars should be kept in a cold, dark area.

Per serving: Calories: 271 kcal, Fat: 12.29 g, Carbs: 19.6 g, Protein: 20.63 g

Canned Ham

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 19 lbs. ham, cut into ½ inch chunks

Directions:

1. Sear ham pieces in 8 batches for approximately 3–5 minutes in a lightly oiled big cast-iron pan over medium-high heat.
2. Divide the ham bits into 10 (1-pint) hot sterilized jars.
3. Fill each jar halfway with boiling water, leaving a 1-inch gap at the top.
4. To eliminate any air bubbles, run a knife along the insides of each jar.
5. Wipe any food residue from the rims of jars with a clean, wet kitchen towel.
6. Put a lid on each jar and screw on the ring.
7. Place the jars in the pressure canner and process for 75 minutes at 11 pounds of pressure.
8. Remove each jar from the pressure canner and set them several inches apart on a wood surface to cool entirely.
9. After cooling, use your finger to push the top of each jar's lid to establish a firm seal.
10. These canning jars should be kept in a cold, dark area.

Per serving: Calories: 220 kcal, Fat: 7.33 g, Carbs: 2.09 g,
Protein: 36.41 g

Poultry Recipes

Canned Chicken and Gravy

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 5

Ingredients:

- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup diced potatoes
- 2 pounds boneless chicken breasts
- 2 teaspoons salt
- 2 teaspoons poultry seasoning
- 4 tablespoons white wine
- Enough chicken stock to fill the jars

Directions:

1. Sterilize the jars in a pressure canner according to the instructions in this book. Allow the jars to cool completely.
2. In a saucepan, combine all of the ingredients and cook for 10 minutes over medium-high heat.
3. Fill the jars halfway with chicken and vegetables. Pour enough broth over the chicken to cover it. Allow 12 inches of headroom.
4. Close the lids and remove the air bubbles.
5. Place the jars in the pressure canner for 25 minutes.

Per serving: Calories: 562 kcal, Fat: 22.2 g, Carbs: 7.1 g, Protein: 77.7 g;

Chicken and mushroom Cacciatore

Preparation time: 10 – 20 minutes

Cooking time: 90 minutes

Servings: 4

Ingredients:

- 4 lbs. chopped chicken breasts and thighs
- 2 cups chopped mixed bell peppers
- 3 quartered onions
- 2 cups sliced mushrooms
- ¼ tsp. salt
- 8 smashed garlic cloves
- 1 bottle red wine
- 4 cups diced tomatoes with juice
- 2 tbsps. dried oregano
- 2 tbsps. dried basil
- 2 tbsps. dried thyme
- ¼ tsp. black pepper

Directions:

1. In quart jars, layer chicken, peppers, onions, mushrooms, and garlic. Season with salt and pepper to taste.
2. In a stock pot, bring the wine, tomatoes, and herbs to a boil. Season with salt and pepper to taste.
3. Pour the heated liquid over the jars' piled components.
4. Process the jars in your pressure canner for 90 minutes at 11 PSI, adjusting for altitude.

Per serving: Calories: 223.6 kcal, Fat: 15.6 g, Carbs: 13.1 g, Protein: 9.0 g

Turkey and Green Beans

Preparation time: 10 - 20 minutes

Cooking time: 90 minutes

Servings: 4

Ingredients:

- 4 cups shredded cooked turkey
- 2 cups cut green beans
- 1½ cups chopped carrots
- 1 cup sliced onion
- 2 cups chicken or turkey broth

Directions:

1. Combine the turkey, green beans, carrots, onion, and broth in a small stockpot. Over medium-high heat, bring it to a boil.
2. Allow it to cook for 5 minutes before removing it from the heat.
3. Place the warm jars on a chopping board.
4. Using a funnel, ladle the heated liquid into the jars, allowing some headroom. Remove any air bubbles and, if necessary, add more mixture.
5. Using a warm towel soaked in white vinegar, wipe the rim of each jar.
6. Fill the pressure canner with 3 quarts of water and 2 tablespoons of distilled white vinegar.
7. Place the jars in the pressure canner, seal the lid, and bring them to a boil over high heat for 10 minutes.
8. process for 90 minutes (quarts) and 75 minutes (batches) (pints).
9. Allow the pressure in the canner to drop to zero before removing the jars after 10 minutes.

Per serving: Calories: 202.2 kcal, Fat: 8.6 Carbs: 9.6 g g, Protein: 20.3 g

Canned Turkey

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 5

Ingredients:

- 2 pounds turkey breasts, sliced into bite-sized pieces
- canning salt
- water

Directions:

1. Sterilize the jars in a pressure canner according to the instructions in this book. Allow the jars to cool completely.
2. Place the turkey breasts in a pot of boiling water and cook for 10 minutes. Strain the cooked turkey into the sterilized jars.
3. Bring water to a boil in a saucepan and add 12 teaspoons of canning salt per pint of water. To dissolve the salt, stir it in.
4. Fill the container halfway with pickling solution to cover the turkey. Allow one inch of headroom.
5. Close the lids and remove the air bubbles.
6. Process the jars in a pressure canner for 25 minutes.

Per serving: Calories: 285 kcal, Fat: 12.7 g, Carbs: 0 g, Protein: 39.7 g

Pressure Canned Rosemary Chicken

Preparation time: 10 - 20 minutes

Cooking time: 75 minutes

Servings: 10

Ingredients:

- 20 sprigs of rosemary
- 10 lbs. boneless chicken breast
- $\frac{1}{4}$ cup salt

Directions:

1. Fill each sterilized jar with a rosemary sprig.

2. Cut the chicken breasts into big slices and stuff them into the jars, allowing a 12-inch headspace.
3. Add a sprig of rosemary to the top of each jar, then a tablespoon of salt.
4. Rinse the jar rims with a clean wet cloth before adding the lids and rings. Place the jars in the pressure canner and process for 75 minutes at 10 pounds of pressure.
5. Before removing the jars using cooking tongs, let the pressure canner depressurize to zero.
6. Place the jars on a cooling rack for 24 hours to seal them before storing them in a cold, dry place.

Per serving: Calories: 182.6 kcal, Fat: 7.8 g, Carbs: 1.0 g, Protein: 18.8 g

Pressure Canned Turkey pieces

Preparation time: 10 - 20 minutes

Cooking time: 65 minutes

Servings: 5 Pints

Ingredients:

- 5 lbs. turkey
- boiling water

Directions:

1. Cook the turkey flesh according to your preference until it is 2/3 done.
2. Fill the sterilized jars halfway with turkey chunks, allowing a 1-inch headspace.
3. Remove the air bubbles and use a moist cloth to clean the rims.
4. Place the lids and rings on the jars. Place the jars in the pressure canner and process at 10 pounds of pressure

for 65 minutes if the turkey had bones, and 75 minutes if it did not.

5. Before removing the jars, let the pressure canner depressurize to zero.
6. Set the jars on a cooling rack for 24 hours before storing them in a cold, dry area.

Per serving: Calories: 262 kcal, Fat: 10.1 g, Carbs: 40 g, Protein: 25 g

Pressure Canned Chicken Breast

Preparation time: 10 – 20 minutes

Cooking time: 75 minutes

Servings: 5 Pints

Ingredients:

- 5 lbs. chicken breast
- salt

Directions:

1. Cut the chicken into tiny enough pieces to fit into the jars. Fill the sterilized jars halfway with chicken, allowing a 1-inch headspace.
2. Fill each jar with 12 tablespoons of salt. (You may add water if desired, but chicken produces its own juice.)
3. Remove the air bubbles and clean the jar rims with a moist cloth.
4. Place the lids and rings on the jars. Place the jars in the pressure canner and process for 75 minutes at 10 pounds of pressure.
5. Before removing the jars, let the pressure canner depressurize to zero.
6. Set the jars on a cooling rack for 24 hours before storing them in a cold, dry area.

Per serving: Calories: 120 kcal, Fat: 2.5 g, Carbs: 2.5 g, Protein: 25 g

Chicken Cacciatore

Preparation time: 10 – 20 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 3 tbsps. olive oil
- 8 boneless and skinless chicken breasts, cubed
- 12 boneless and skinless chicken thighs, cubed
- 1 tbsp. dried oregano
- 1 tbsp. dried basil
- 1 tsp. dried thyme
- 1 tsp. dried rosemary, crushed
- 1 tsp. coarse sea salt
- ½ tsp. ground black pepper
- 1 cup red wine
- 4 cups diced tomatoes, with their juice
- 4 cups tomato juice
- 2 cups sliced white mushrooms
- 3 cups coarsely chopped sweet onion
- 1 chopped red bell pepper
- 1 chopped celery stalk
- 6 minced garlic cloves
- ¾ cup tomato paste
- 1 tbsp. granulated sugar

Directions:

1. In a heavy-bottomed stockpot, combine the oil, chicken breasts, and thighs. To coat the chicken, mix all of the ingredients well. Cook the chicken for 3 minutes, stirring often, over medium-high heat.

2. season with thyme, oregano, basil, and rosemary.
3. Cook for a further 3 minutes after mixing evenly.
4. Cook for 5 minutes, covered, with the red wine.
5. Combine the tomatoes, celery, onion, mushrooms, bell pepper, tomato juice, and garlic in a mixing bowl.
6. After thoroughly mixing, allow to boil for 5 minutes.
7. After adding the sugar and tomato paste, cook for another five minutes before removing from the heat.
8. Fill each heated jar to the top with the chicken and vegetables.
9. Leave some space between the mixture and the heated tomato sauce.
10. Remove any air bubbles and, if required, add extra sauce.
11. Tighten the lids after rinsing the rims of each jar with a warm towel soaked in distilled white vinegar.
12. Place the jars in the pressure canner, lids on.
13. Allow the canner to vent for 10 minutes before closing the vent and continuing to heat until the pressure reaches 10 PSI for a weighted gauge and 11 PSI for a dial-gauge.
14. canned for 1 hour and 30 minutes in quart jars and 1 hour and 15 minutes in pint jars.

Per serving: Calories: 701 kcal, Fat: 43.8 g, Carbs: 42.14 g, Protein: 37.12 g

Whole Chicken

Preparation time: 10 - 20 minutes

Cooking time: 20 minutes

Servings: 3

Ingredients:

- 1 tsp. salt in each quart
- 32 cups water
- 1 whole chicken, cut into pieces
- 3 bay leaves
- 6 cups chopped carrots
- 3 cups diced Roma tomatoes
- 2 cups celery, chopped
- 2 cups diced onions
- 8 chopped garlic cloves
- 1 tbsp. dried basil
- 1 tbsp. coarse sea salt (optional)
- 2 tsps. ground black pepper

Directions:

1. Prior to canning, chill the chicken flesh for 6 to 12 hours (either with or without the bones). Soak the meat (with or without the bones) for one hour in a combination of water and salt (1 tbsp per quart), then rinse.
2. Remove any extra fat from the meat before cutting it into 1-inch slices.
3. Cook the beef pieces until they are nearly done. Meanwhile, fill your hot, clean mason jars with salt (1 tsp. per quart). Pour in the cooked meat and heated liquid, leaving a quarter-inch of headspace.
4. If you want to raw pack the chicken, put it in hot, clean mason jars, packing it loosely and allowing 1 1/4-inch headspace. 1 teaspoon of salt for each quart (no liquids).
5. Remove any air bubbles before adjusting the lids on the jars, then pressure can for 1 hour and 15 minutes (for pint jars) or 1 hour and 30 minutes (for quart jars) (for quart jars).

Per serving: Calories: 104 kcal, Fat: 4.1 g, Carbs: 16.3 g, Protein: 1.3 g

Barbeque-Sauced Chicken

Preparation time: 10 - 20 minutes

Cooking time: 75 minutes

Servings: 6

Ingredients:

- 2 lbs. chopped chicken
- 1 crushed garlic clove
- 1/3 cup light brown sugar
- 1/3 cup soy sauce
- 1/2 cup water
- 1 tbsp. cider vinegar
- 1/4 cup apple juice
- 1 tsp. crushed red pepper
- 2 tbsps. ketchup
- 2 tbsps. oil

Directions:

1. Clean and sterilize the jars.
2. In a saucepan, bring all of the ingredients to a boil, except the oil and chicken.
3. Melt the butter in a skillet and stir-fry the chicken until just browned.
4. Pour the chicken and liquid into the sterilized jars, allowing 1 inch of headspace.
5. Remove any air bubbles and wash the jar rims with a clean wet cloth.
6. Cover the jars with the lids and secure the bands with a rubber band.
7. In a pressure canner, process the jars for 75 minutes. Remove it from the oven and set it aside to cool.
8. Mark the jars.

Per serving: Calories: 212.9 kcal, Fat: 1.9 g, Carbs: 13.5 g, Protein: 35.7 g

Chicken With Garlic

Preparation time: 10 – 20 minutes

Cooking time: 90 minutes

Servings: 3

Ingredients:

- 1 crushed garlic clove
- 3 skinless boneless chicken breasts
- ½ tsp. sea salt
- ½ tsp. black pepper
- water, as needed

Directions:

1. Fill each sanitized quart jar halfway with garlic cloves.
2. Push the chicken pieces down to cram them in securely.
3. Fill the jar with water, leaving 1 inch of headspace, and season with salt and pepper.
4. Remove air pockets by carefully sliding a rubber spatula along the internal surfaces of the jars. If you omit this step, your jars will not seal. Wipe the jar rims clean.
5. process for 90 minutes at 10 PSI in a pressure canner with the lids on, adjusting for altitude.

Per serving: Calories: 233.1 kcal, Fat: 8.3 g, Carbs: 8.6 g, Protein: 27.9 g

Pineapple Chicken

Preparation time: 10 – 20 minutes

Cooking time: 90 minutes

Servings: 6

Ingredients:

- 3 cups pineapple juice
- ¾ cup brown sugar

- 1¼ cups apple cider vinegar
- 6 tbsps. soy sauce
- 4 tbsps. tomato paste
- 1 tsp. ground ginger
- 4 minced garlic cloves
- 5 lbs. chopped boneless and skinless chicken
- 2 diced onions
- 3 diced bell peppers
- 1 diced pineapple
- crushed chili pepper, to taste

Directions:

1. Bring pineapple juice, sugar, vinegar, soy sauce, tomato paste, ginger, and garlic to a boil in a large pot, stirring continuously.
2. Boil until the sugar has dissolved and the liquid is smooth.
3. Layer chicken, onions, peppers, and pineapple in your jars. If using, add the crushed chilies now.
4. Pour the sauce over the jar contents.
5. Place the lids on the jars and process for 90 minutes in a pressure canner at 11 PSI, adjusting for altitude.

Per serving: Calories: 391 kcal, Fat: 3.5 g, Carbs: 32.6 g, Protein: 19.5 g

Chicken - Boned

Preparation time: 5 minutes

Cooking time: 90 minutes

Servings: Depends on how much chicken is used

Ingredients:

- Chicken
- Water
- Salt, optional

Directions:

1. Cook the chicken until it's approximately two-thirds done. Take off the skin and bones.

2. Fill each canning jar halfway with hot birds, leaving 1 inch at the top. Add one teaspoon of salt to each jar if desired.
3. Pour over the chicken chicken stock, water, or other cooking liquid. Keep in mind that a one-inch headspace Remove any air bubbles with a spatula, then wipe the jar rims clean before adjusting the lids and screwing on the band.
4. Fill the jars and place them in a pressure canner set to 11 pounds for dial-gauge (10 pounds for weighted-gauge).
5. Adjusted for altitude, heat the jars for 1 hour and 30 minutes. Turn off the heat and let the pressure gradually come down. Remove the lids and let the jars cool in the canner for ten minutes.
6. Remove the jars and place them on a cooling rack to cool. Inspect the lids and seals after twenty-four hours.

Per serving: Calories: 231 kcal, Fat: 12.2 g, Carbs: 2 g, Protein: 6.8 g

Canned Chicken

Preparation time: 15 minutes

Cooking time: 1 hour 30 minutes

Servings: 2 pints jars

Ingredients:

- 1 medium whole chicken
- Chicken stock or water
- Salt (optional)

Directions:

1. Begin by putting the chicken in a pressure cooker with 4 cups of water; cover the lid and set the pressure

cooker on.

2. Turn the heat up to high. Reduce the heat slightly when the weight begins to move to maintain it gently swinging. Cook the chicken for 30 minutes on low heat.
3. Place the pressure cooker in the sink and thoroughly rinse it with cold water to release the pressure and cool it instantly. Remove the chicken from the pan and put it aside for a minute in the pan with the chicken stock.
4. Set aside the chicken after removing it from the bones.
5. Boil half a gallon of water in your pressure canner. To heat the water in the canner, turn on the heat and set it to "high."
6. Wash your jars, lids, and bands in hot, soapy water to sanitize them.
7. Fill the jars halfway with chicken flesh, leaving 1 inch of space between them.
8. Fill each jar halfway with chicken stock, leaving 1 inch of space at the top. You may use water or store-bought chicken stock if you don't have fresh chicken stock on hand.
9. The addition of salt is optional. If preferred, add 12 teaspoons of salt to each jar.
10. Use the bubble remover to remove any remaining air bubbles from the container. With a clean paper towel, wipe the jar's rim.
11. Close each jar by putting the lid in the middle and using the bands—but not too firmly. Place the jars on the racks of the pressure canner, being careful not to let them contact each other.
12. Close the pressure canner and increase the heat to high, keeping the weight off the vent. After the steam begins to escape, reduce the heat slightly and set your timer for 10 minutes.

13. After 10 minutes, place the weight on the vent. Pint jars should be processed for 75 minutes, while quart jars should be handled for 90 minutes.
14. After the timer goes off, turn off the heat and let the canner cool for a couple of hours.
15. After the canner has cooled, remove the jars but keep them in for another 10 minutes. After 10 minutes, remove the jars using jar lifters and lay them aside to cool.
16. Check that all the jars have been correctly sealed before removing the bands. Store them in the pantry if they are firmly wrapped.
17. If you do not have a pressure cooker, just boil the chicken until the flesh readily separates from the bone.

Per serving: Calories: 558 kcal, Fat: 12 g, Carbs: 4 g, Protein: 85 g

Turkey Sausage

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4 pints

Ingredients:

- ½ cup warm water
- 2 teaspoons dried basil
- 2 teaspoons rubbed sage
- 2 teaspoons red pepper flakes
- 1½ teaspoons marjoram
- 1 teaspoon dried mustard
- ½ teaspoon ground thyme
- ½ teaspoon coarse sea salt
- ½ teaspoon ground black pepper
- 1 teaspoon garlic powder

- 1 teaspoon paprika
- 3 pounds ground turkey
- ½ cup grapeseed or extra-virgin olive oil

Directions:

1. Combine the water, basil, sage, red pepper flakes, marjoram, mustard, thyme, salt, pepper, garlic powder, and paprika in a large mixing basin. After adding the ground turkey, combine all of the ingredients using clean hands. Return the turkey to the bowl after shaping it into a huge ball.
2. Cover the turkey meat ball with oil and distribute it evenly with your hands, elevating and turning the ball to coat it evenly. In the basin, replace the turkey ball. Refrigerate the bowl, covered with plastic wrap, overnight or for 12 hours.
3. Form the sausage into patties or links, if desired. Brown patties or links on both sides in a pan for about 1 minute each. Brown the loose sausage in a skillet for about 10 minutes. Whatever method you choose, be sure to drain any excess oil before filling the jars.
4. Fill the hot jars with the meat, leaving 1 1/4 inches of headspace. Wipe the rim of each jar with a warm cloth dipped in distilled white vinegar. Tighten the lids and rings on each jar by hand.
5. Fill the pressure canner halfway with jars, cover the top, and bring it to a boil over high heat.
6. Allow the canner to vent for 10 minutes. Close the vent and heat until the dial gauge registers 11 PSI and the weighted gauge registers 10 PSI. 1 hour and 30 minutes for quart jars, and 1 hour and 15 minutes for pint jars.

Per serving: Calories: 211 kcal, Fat: 14.2 g, Carbs: 2 g, Protein: 8.8 g

Sweet and Sour Chicken

Preparation time: 15 minutes

Cooking time: 1¼ hours

Servings: 20

Ingredients:

- 3 (20-ounce) cans pineapple chunks
- 1¼ cups white vinegar
- ½ cup water
- 1/3 cup soy sauce
- ¼ cup ketchup
- ¾ cup brown sugar
- 1 teaspoon ginger powder
- 4½ pounds chicken breasts, boneless, skinless, cutted in 1-inch bite-sized pieces
- 3 large bell peppers (red and green), seeded and chopped
- 2 medium onions, chopped

Directions:

1. Drain the pineapple cans and collect the juice in a bowl.
2. In a nonreactive saucepan, mix 212 cups of saved pineapple juice, vinegar, water, soy sauce, ketchup, brown sugar, and ginger powder over medium-high heat. cook while continually stirring.
3. Divide the chicken, onions, bell peppers, and pineapple among 10 hot sterilized (1-pint) jars.
4. Fill each jar halfway with boiling water, leaving a 1-inch space at the top.
5. Run a knife down the insides of each jar to remove any air bubbles.

6. With a clean, moist kitchen towel, remove any food residue from the rims of the jars.
7. Screw the ring onto the lid of each jar.
8. In the pressure canner, process the jars for 75 minutes at 11 pounds of pressure.
9. Remove the jars from the water canner and place them several inches apart on a wooden surface to cool completely.
10. Push the top of each jar's lid to create a tight seal after gently cooling with your finger.
11. These canning jars should be stored in a cool, dark place.

Per serving: Calories: 276 kcal, Fat: 7g, Carbs: 20 g, Protein: 30 g

Ground Turkey

Preparation time: 10 minutes

Cooking time: 1¼ hours

Servings: 16

Ingredients:

- 4 pounds ground turkey
- 4 teaspoons salt

Directions:

1. In a large saucepan of boiling water, brown the ground turkey.
2. Reduce the heat to low and continue to cook for 5 minutes.
3. Drain the meat completely.
4. Fill four (1-pint) hot sterilized jars halfway with ground turkey and salt.

5. Half-fill each jar with boiling water, leaving a 1-inch space at the top.
6. Run a knife down the insides of each jar to remove any air bubbles.
7. With a clean, moist kitchen towel, remove any food residue from the rims of the jars.
8. Screw the ring onto the lid of each jar.
9. In the pressure canner, process the jars for 75 minutes at 10 pounds of pressure.
10. Remove the jars from the water canner and place them several inches apart on a wooden surface to completely cool.
11. Push the top of each jar's lid to create a tight seal after gently cooling with your finger.
12. These canning jars should be stored in a cool, dark place.

Per serving: Calories: 221 kcal, Fat: 12.5 g, Carbs: 0 g, Protein: 31 g

Chicken marsala

Preparation time: 15 minutes

Cooking time: 2 hours

Servings: 20

Ingredients:

- 6 pounds boneless, skinless chicken, cut into bite-sized pieces
- Salt and ground black pepper, as needed
- 2-3 tablespoons olive oil
- 1 medium onion chopped
- 1 teaspoon garlic, chopped
- 1 teaspoon dried oregano
- 2 cups dry marsala wine

- 8 cups chicken broth
- 5 cups mushrooms, sliced

Directions:

1. Season the chicken pieces to taste with salt and black pepper.
2. Heat the olive oil in a cast-iron wok over medium-high heat. Sear the chicken pieces in 4 batches for 3-5 minutes.
3. In a colander, drain any excess fat from each cooked chicken batch.
4. Sauté the onion for 3-4 minutes in the same pan.
5. For about 1 minute, sauté the garlic and oregano.
6. After adding the wine, bring it to a boil for 1 minute.
7. Cook until the broth reaches a boil.
8. Reduce the heat to low and cook for 3-5 minutes.
9. Divide the chicken and mushrooms into 10 hot sterilized (1-pint) jars.
10. Fill each jar halfway with hot cooking liquid, leaving a 1-inch space at the top.
11. Run a knife down the insides of each jar to remove any air bubbles.
12. With a clean, moist kitchen towel, remove any food residue from the rims of the jars.
13. Put a lid on each jar.
14. In the pressure canner, process the jars for 75 minutes at 11 pounds of pressure.
15. Remove the jars from the water canner and place them several inches apart on a wooden surface to cool completely.
16. Push the top of each jar's lid to create a tight seal after gently cooling with your finger.

17. These canning jars should be stored in a cool, dark place.

Per serving: Calories: 259 kcal, Fat: 6.2 g, Carbs: 2.2 g, Protein: 42 g

Baked Salsa Verde Chicken

Preparation time: 15 minutes

Cooking time: 2 hours

Servings: 6 quarts or 12 pints

Ingredients:

- 6 large chicken breasts, boneless, cutted into 1-inch pieces (6 cups)
- 8 boneless, skinless chicken thighs, cut into 1-inch pieces (4 cups)
- 20 tomatillos
- 8 to 10 garlic cloves, peeled
- 3 to 5 tbsps olive oil, divided
- 4 cups Chicken Broth
- 4 cups diced tomatoes
- 1 large onion, chopped (2 cups)
- ¼ cup lime juice
- 1 tbsp ground cumin
- 1 tbsps chili powder
- 1 tbsp ground coriander
- 2 tsps coarse sea salt

Directions:

1. Preheat the oven to 400°F and line one or two baking sheets with foil.
2. Remove the tomatillos' outer husks and rinse well in a sink colander. Tomatillos should be cut in half and placed flesh-side down on a piece of foil. When all of the tomatillos are packed securely on the cookie sheet,

evenly distribute the peeled garlic bulbs among the tomatillos. Drizzle the tomatillos with 3 tablespoons of olive oil. Roast for 25 minutes, or until the tops of the tomatillos begin to brown.

3. In a food processor, purée the roasted tomatillos and garlic with their juices in batches. Set aside
4. Combine 2 tablespoons of oil and the chicken breasts and thighs in a stockpot. Combine all of the ingredients to coat the chicken in oil.
5. Cook the chicken for 10 minutes over medium-high heat, stirring often. In a mixing bowl, combine the broth, tomatoes, onion, lime juice, cumin, chili powder, coriander, and salt. Bring the mixture to a boil for 1 minute before adding the pureed tomatillos. Combine thoroughly. Return to a boil and cook for 5 minutes, stirring frequently.
6. Fill heated jars halfway with hot chicken salsa verde, leaving 1 inch of headspace. Remove any air bubbles and, if necessary, add more chicken salsa verde to keep the headspace at 1 inch.
7. Wipe the rim of each jar with a warm cloth dipped in distilled white vinegar. Tighten the lids and rings on each jar by hand.
8. Fill the pressure canner halfway with jars, cover the top, and bring it to a boil over high heat. Allow the canner to vent for 10 minutes. Close the vent and heat until the dial gauge registers 11 PSI and the weighted gauge registers 10 PSI. 1 hour and 30 minutes for quart jars, and 1 hour and 15 minutes for pint jars.

Per serving: Calories: 337 kcal, Fat: 25.2 g, Carbs: 5 g, Protein: 7.2 g

Canned Chicken Soup

Preparation time: 20 minutes

Cooking time: 1 hour 38 minutes

Servings: 6 pint jars

Ingredients:

- Glass preserving jars with lids and bands
- 2 teaspoons black pepper
- 2 teaspoons salt
- 1 tablespoon crushed garlic
- 1 cup of diced green onions
- 2 cups of sliced carrots
- 1 cup of diced celery
- 4 cups chopped raw chicken
- 4 cubes of chicken bouillon
- 4 quarts of chicken broth or water

Directions:

1. First, prepare your pressure canner. Place the jars in a pot of simmering water until they are ready to use, but do not boil them. Rinse the lids in warm soapy water, then in clean water, and set them aside with the bands.
2. Combine the chicken and bouillon in a large stockpot. Fill it with chicken broth or water. Bring it to a boil, then add the other ingredients. Bring it to a boil once more.
3. Fill the heated jars with hot chicken soup, leaving a 1-inch headspace. Remove any air bubbles. Wipe the rims clean. Place the lids on the jars, then the bands, and adjust them until they are snug.
4. Pints should be pressure canned for 75 minutes and quarts for 90 minutes. Make an altitude adjustment. Don't forget to cool and remove the jars when the pressure reduces to zero in your pressure canner.
5. After 24 hours, check the lids for a seal. When squeezed at the middle, the lid should not flex up and

down.

6. Once the jars are cold, label them with the recipe name and the canning date.

Per serving: Calories: 158 kcal, Fat: 2.8g, Carbs: 26g,
Protein: 8.3g

Fish and Seafood Recipes

Pressure Canned Shrimps

Preparation time: 10 – 20 minutes

Cooking time: 45 minutes

Servings: 10

Ingredients:

- 10 lbs. shrimps
- ¼ cup salt
- 1 cup vinegar

Directions:

1. Remove the heads immediately and place them in the refrigerator until ready to use.
2. Wash and thoroughly drain the shrimp.
3. In a saucepan, combine a gallon of water, salt, and vinegar. Bring to a boil, then add the shrimp and continue to cook for 10 minutes.
4. With a slotted spoon, remove the shrimp from the cooking liquid, then rinse in cold water and drain. While putting the shrimp in the sterilized jars, peel them.
5. Bring a gallon of water and 3 tablespoons of salt to a boil. Remove the air bubbles from the jars before adding the brine. If required, add extra brine.
6. Wipe the jar rims with a vinegar-soaked towel. Insert the lids and rings.
7. process for 45 minutes at 10 pounds of pressure.
8. Before removing the jars, let the pressure canner depressurize to zero.
9. Place the jars, undisturbed, on a cooling rack and store them in a cold, dry place.

Per serving: Calories: 100 kcal, Fat: 2 g, Carbs: 1 g, Protein: 15 g

Pressure Canned Salmon

Preparation time: 10 – 20 minutes

Cooking time: 100 minutes

Servings: 6

Ingredients:

- 5 lbs. salmon
- salt

Directions:

1. After capturing the fish, eviscerate it and carefully clean it with clean water.
2. Refrigerate it until you're ready to pressure can it. Take off the tail, head, and fins. Split the fish lengthwise, then chop it into little pieces that will fit neatly in your jars.
3. Fill sterilized jars halfway with fish, allowing a 1-inch headspace. If desired, add a tablespoon of salt to each jar.
4. After rinsing the jar rims with a moist paper towel, put the lids and rings on the jar.
5. can the jars in the pressure canner for 100 minutes at 11 pounds of pressure.
6. Before removing the jars, let the pressure canner depressurize to zero.
7. Place the jars on a cooling rack for 24 hours before keeping them in a cool, dry location.

Per serving: Calories: 121 kcal, Fat: 5.4 g, Carbs: 0 g, Protein: 17 g

Pressure Canned Tuna

Preparation time: 10 - 20 minutes

Cooking time: 100 minutes

Servings: 6

Ingredients:

- 5 lbs. tuna
- salt

Directions:

1. Peel off the skin with a sharp kitchen knife, then scrape the surface to remove the blood vessels.
2. Cut the fish in half lengthwise, then into pieces large enough to fit into a pint jar.
3. Fill each container with salt.
4. If you've already cooked the tuna, combine it with some vegetable oil and a tbsp of salt per pint jar.
5. Clean the rims of the jars and screw on the lids and rings.
6. process for 100 minutes at 10 pounds of pressure.
7. Before removing the jars, let the pressure canner depressurize to zero.
8. Place the jars on a cooling rack for 24 hours before storing them in a cold, dry place.

Per serving: Calories: 191 kcal, Fat: 1.4 g, Carbs: 0 g, Protein: 42 g

Canned Tuna

Preparation time: 10 - 20 minutes

Cooking time: 20 minutes

Servings: 3

Ingredients:

- 3 lbs. tuna
- 2 cups water
- ¼ tsp. salt

Directions:

1. After removing the viscera, carefully wash the fish and drain all the blood.
2. Cut the tuna in half crosswise.
3. Bake at 250°F for 4 hours, then place it in the refrigerator to firm up the meat.
4. Skin, blood veins, discolored/dark flesh, fin bases, and bones should all be removed. Cut into quarters and packed tightly in hot, clean mason jars with oil or water. Remove any remaining air bubbles from the jars, leaving an inch of headspace.
5. Place the lids on the pressure canner after adjusting them. process for 1 hour and 20 minutes.

Per serving: Calories: 104 kcal, Fat: 4.1 g, Carbs: 16.3 g, Protein: 1.3 g

Fish Chowder

Preparation time: 10 – 20 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- ¾ cup chopped onion
- 3 tbsps. butter
- ½ cup chopped celery
- 2 cups diced potatoes
- 1 tsp. garlic powder
- 2 cups chicken broth
- 2 diced carrots
- 1 tsp black pepper
- 1 tsp salt
- 32 oz. canned fish

- 1 tsp. dried dill weed
- 15 oz. canned creamed corn
- 12 oz. canned evaporated milk
- ½ lb. shredded cheddar cheese

Directions:

1. Melt butter in a saucepan over medium heat.
2. 5 minutes in heated butter, cook celery, onion, and garlic powder.
3. Stir in the carrots and potatoes, as well as the salt, broth, pepper, and dill.
4. Bring it to a boil, then lower it to a low heat.
5. Cook for 20 minutes, covered.
6. Mix in the milk, cheese, corn, and fish.
7. Cook until the cheese has melted.
8. Fill jars to within 12 inches of the top with fish chowder.
9. Fill the canner halfway with water, then add the jars.
10. Close and lock the pressure canner, then bring it to a boil over high heat, adding cooking weight to the top.
11. Cook for 75 minutes after turning the heat to medium after 20 minutes.
12. Turn off the heat and let the canner alone until it reaches room temperature.
13. After the canner has cooled, remove the jars and inspect them for sealing.
14. If the jars have sealed, you can keep them for up to 2 years; otherwise, use them right away.

Per serving: Calories: 249.0 kcal, Fat: 8.1 g, Carbs: 14.5 g, Protein: 26.5 g

Fish Rice Casserole

Preparation time: 10 – 20 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 14 oz. fish
- 2 cups cooked rice, divided
- 1 egg
- ¼ cup milk
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 tbsps. butter

Directions:

1. Grease an 8-inch baking dish with cooking spray.
2. Preheat the oven to 375 degrees F.
3. Drain the fish, reserving the liquid for later use.
4. 1 cup of rice should be spread out in the baking dish.
5. Spread the fish finely flaked over the rice.
6. Pour the saved fish juice over the fish.
7. Cover with the remaining 1 cup of rice.
8. In a mixing dish, combine the eggs, milk, salt, and pepper.
9. Spread the egg mixture evenly around the dish.
10. Spread butter on top.
11. Bake for 30 minutes, or until cooked through and browned.
12. Fill the jars halfway with the fish and rice casserole.
13. Fill the canner halfway with water, then add the jars.
14. Close and lock the pressure canner, then bring it to a boil over high heat, adding cooking weight to the

top.

15. Cook for 75 minutes after turning the heat to medium after 20 minutes.
16. Turn off the heat and let the canner alone until it reaches room temperature.
17. After the canner has cooled, remove the jars and inspect them for sealing.

Per serving: Calories: 209.6 kcal, Fat: 5.0 g, Carbs: 18.8 g, Protein: 21.1 g

Pressure Canned Shrimp

Preparation time: 20 minutes

Cooking time: 45 minutes

Servings: 10

Ingredients:

- 10 lbs. shrimp
- ¼ cup salt
- 1 cup vinegar

Directions:

1. Remove the heads immediately and place them in the refrigerator until ready to use.
2. Wash and thoroughly drain the shrimp.
3. In a saucepan, combine a gallon of water, salt, and vinegar. Bring it to a boil, then simmer for 10 minutes with the shrimp.
4. With a slotted spoon, remove the shrimp from the cooking liquid, rinse in cold water, and drain. While putting the shrimp in the sterilized jars, peel them.
5. Bring a gallon of water and 3 tablespoons of salt to a boil. Remove the air bubbles from the jars before adding the brine. If required, add extra brine.

6. Wipe the jar rims with a vinegar-soaked towel. Insert the lids and rings.
7. process for 45 minutes at 10 pounds of pressure.
8. Before removing the jars, let the pressure canner depressurize to zero.
9. Keep the jars on a cooling rack and keep them in a cold, dry place.

Per serving: Calories: 100 kcal, Fat: 2g, Carbs: 1g, Protein: 15g

Canned Oysters

Preparation time: 10 minutes

Cooking time: 85 minutes

Servings: 6

Ingredients:

- 5 lbs. oysters
- salt
- water

Directions:

1. Wash the oysters in clean water before placing them in a 400°F oven for 7 minutes to open.
2. Place them in a bowl of ice water to cool. Remove the meat and immerse it in salted water.
3. Pack the meat into the jars, allowing a 1-inch headspace. Fill each half-pint jar halfway with water and 1/2 teaspoon of salt.
4. Wipe the jar rims clean before adding the lids and rings.
5. 75-minute can at 10 pounds
6. Before removing the jars from the pressure canner, let them depressurize to zero.

7. Place the jars, undisturbed, on a cooling rack and store them in a cold, dry place.

Per serving: Calories: 68 kcal, Fat: 3g, Carbs: 0g, Protein: 7g

Canned Trout

Preparation time: 20 minutes

Cooking time: 1 Hour and 45 minutes

Servings: 6

Ingredients:

- 6 whole trout
- 6 tbsps. lemon juice (1 tbsp. per jar)
- 6 rosemary springs

Directions:

1. 1 rosemary spring should be placed in the trout's cavity. Close it after salting the interior with 12 teaspoons of salt.
2. Fill jars halfway with trout.
3. 1 tablespoon of lemon juice in each jar.
4. process for 1 hour and 45 minutes at 10 pounds of pressure for a weighted gauge pressure canner or 11 pounds for a dial-gauge pressure canner.
5. Remove the jars and set them aside to cool to room temperature.

Per serving: Calories: 110 kcal, Fat: 6.1g, Carbs: 0g, Protein: 13.9g

minced Clams

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 1

Ingredients:

- 2 lbs. live clams
- 1 tsp. salt in each jar
- boiling water
- citric acid

Directions:

1. Thoroughly scrub the clamshells before washing and steaming for 5 minutes. Remove the meat and set aside the juices.
2. Wash the clam flesh with a solution of water and salt (1 tsp per quart). Rinse and put in a kettle with 1 gallon of boiling water and 2 tablespoons of lemon juice or 1/2 teaspoon of citric acid.
3. Then boil for two minutes over high heat. -Drain before transferring to hot, clean mason jars.
4. Before adding the heated clam juice, pack the clam flesh loosely.
5. Fill the jars all the way to the top.
6. Adjust the jar lids after the air bubbles have been removed.
7. Process the jars in a pressure canner for 1 hour (for pint jars) or 1 hour and 10 minutes (for quart jars).

Per serving: Calories: 104 kcal, Fat: 4.1g, Carbs: 16.3g, Protein: 1.3g

Canned mackerel

Preparation time: 10 minutes

Cooking time: 1 Hour 40 minutes

Servings: 3

Ingredients:

- 2 lbs. mackerel fish
- vinegar

- salt

Directions:

1. Rinse the fish in cool, vinegar-laced water (2 tbsps. for each quart).
2. Remove the fish's scales, head, fins, and tail, then carefully wash to remove any blood.
3. Cut the fish into three 12-inch chunks after splitting it lengthwise. Fill each clean and heated mason jar with one teaspoon of salt but without adding any liquid.
4. Before putting the jars in the pressure canner, adjust the lids. Process for 1 hour and 40 minutes.

Per serving: Calories: 104 kcal, Fat: 4.1g, Carbs: 16.3g, Protein: 1.3g

Canned Fish

Preparation time: 20 minutes

Cooking time: 75 minutes

Servings: 5 Pints

Ingredients:

- 5 lbs. fish fillets
- canning salt
- lemon juice
- 1 jalapeño pepper

Directions:

1. Fill each container with 1 slice of jalapeo pepper.
2. Fill jars to within 1/2 inch of the top with fish.
3. Add 1/4 teaspoon of canning salt and 1 teaspoon of lemon juice per pint.
4. Jiggle the fish with a knife to eliminate any air pockets.
5. Wipe the jar's rim clean.

6. Boil lids for 3 minutes; place lids on jars and gently tighten rings.
7. Fill the canner halfway with water, then add the jars.
8. Close and lock the pressure canner, then bring it to a boil over high heat, adding cooking weight to the top.
9. Cook for 75 minutes after turning the heat to medium after 20 minutes.
10. Turn off the heat and let the canner alone until it reaches room temperature.
11. After the canner has cooled, remove the jars and inspect them for sealing.
12. If the jars are sealed, the meat can be preserved for up to 2 years; if not, consume the meat immediately.

Per serving: Calories: 146 kcal, Fat: 3.5g, Carbs: 12.5g, Protein: 45g

McDonald's Pressure Canned Fish

Preparation time: 10 minutes

Cooking time: 100 minutes

Servings: 10 pints

Ingredients:

- 20 11-inch blue backs
- Onions
- 2 tbsps. pickling salt
- 9 tbsps. white vinegar
- 9 tbsps. ketchup

Directions:

1. Combine salt, vinegar, and ketchup in a large mixing basin.

2. In the sterilized jars, stack the ingredients, starting with the fish, onions, and a tablespoon of the vinegar mixture. Repeat with the remaining jars, leaving a 14-inch headspace.
3. Place the sealed jars in the pressure canner and process them for 100 minutes at 11 pounds.
4. Before removing the jars, let the pressure canner depressurize to zero.
5. Put the jars on a cooling rack for 24 hours before storing them in a cold, dry place.

Per serving: Calories: 138 kcal, Fat: 4g, Carbs: 0g, Protein: 25g

Pressure Canned Tilapia

Preparation time: 25 minutes

Cooking time: 45 minutes

Servings: 5

Ingredients:

- 5 lbs. tilapia fillets
- 5-pint sized mason jars with lids and rings
- Canning salt
- Lemon juice
- 1 jalapeño pepper

Directions:

1. Fill each container with 1 slice of jalapeo pepper.
2. Fill jars to within 12 inches of the top with fish.
3. 1 teaspoon of canning salt and 1 teaspoon of lemon juice per pint.
4. Jiggle the fish with a knife to eliminate any air pockets.
5. Wipe the jar's rim clean.

6. Boil lids for 3 minutes; place lids on jars and gently tighten rings.
7. Fill the canner halfway with water to cover the jar rings.
8. Close and lock the pressure canner, then bring it to a boil over high heat, adding cooking weight to the top.
9. Cook for 75 minutes after turning the heat to medium after 20 minutes.
10. Turn off the heat and let the canner alone until it reaches room temperature.
11. After the canner has cooled, remove the jars and inspect them for sealing.
12. If the jars have sealed, you can keep them for up to 2 years; otherwise, use them right away.

Per serving: Calories: 96 kcal, Fat: 1.7g, Carbs: 0g, Protein: 20.08g

Pressure Canned Whole Clams

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 7 pints

Ingredients:

- 5 lbs. Clam
- 3 tbsps. salt
- 2 tbsps. lemon juice

Directions:

1. Refrigerate the clams on ice until ready to pressure can.
2. Scrub the shells and then run them through water for 5 minutes. Remove the flesh from the clams. Keep the juices flowing.

3. In a mixing basin, combine a gallon of water and (at most) three tablespoons of salt. In salted water, wash the clam flesh.
4. In a small saucepan, combine water and lemon juice. Bring the water to a boil. Then boil for 2 minutes after adding the clam flesh.
5. Bring the conserved clam juices to a boil.
6. Drain the meat and place it into the jars loosely, allowing a 1-inch headspace. Remove the bubbles from the heated clam juice and pour it over the meat.
7. If you run out of clam juice, you may replace it with boiling water.
8. For 60 minutes, apply 10 pounds of pressure to the sealed and cleaned jars.
9. Before removing the jars, let the pressure canner depressurize to zero.
10. Place the jars on a cooling rack to cool for 12-24 hours, then store them in a cold, dry place.

Per serving: Calories: 148 kcal, Fat: 2g, Carbs: 5.1g, Protein: 25.5g

Canned spicy mackerel

Preparation time: 10 minutes

Cooking time: 100 minutes

Servings: 1 pint

Ingredients:

- Pickling spices
- 1 tsp Sea salt
- 1 lb. Whole mackerel

Directions:

1. Take off the head, tail, fins, and scales. The bones will swell.
2. After cutting into three 12 inch sections, pack into a jar. 12 teaspoon salt or pickling spice per jar

3. There should be no liquid added.
4. For 100 minutes, process the jar at 10 pounds of pressure (weighted gauge) or 11 pounds of pressure (dial gauge).
5. Allow it to cool naturally for 12 hours before removing and storing it.

Per serving: Calories: 293 kcal, Fat: 15.15 g, Carbs: 25.03 g, Protein: 14.96 g

Canned Olive oil Tuna

Preparation time: 5 minutes

Cooking time: 120 minutes

Servings: 6 half-pints

Ingredients:

- 4 tbsps. olive oil
- 3 tsps. kosher salt
- 2 ½ lbs. boneless skinless tuna (bluefin or yellowfin)

Directions:

1. Wash the tuna and remove any connective tissue.
2. After cutting into two 12 by 3-inch pieces, pack into jars with a 1 inch headspace.
3. Fill each jar halfway with olive oil and 12 teaspoons of kosher salt, allowing a 34-inch headspace.
4. Make certain that the oil penetrates deeply into the content.
5. Jars should be processed at 11 pounds of pressure for 1 hour and 40 minutes.
6. Allow it to cool before removing and storing it.

Per serving: Calories: 289 kcal, Fat: 10.26 g, Carbs: 0 g, Protein: 46.12 g

Canned River Fish

Preparation time: 10 minutes

Cooking time: 125 minutes

Servings: 4 pints

Ingredients:

- 8 lbs. Trout
- 16 peppercorns, optional
- 4 tsps. canning salt

Directions:

1. Remove the heads, tails, and fins from your fish. Throw them away.
2. Pack 4 peppercorns and fish into jars, allowing 1 inch of headspace, then add 12 tbsp of salt to each jar.
3. For 1 hour and 45 minutes, process jars under 11 pounds of pressure.
4. Allow it to cool before removing and storing it.

Per serving: Calories: 336 kcal, Fat: 14.99 g, Carbs: 0 g, Protein: 47.11 g

Simple Canned Salmon

Preparation time: 20 minutes (+ 1 hour to brine)

Cooking time: 1 hour 40 minutes

Servings: 4 pints

Ingredients:

- 2 pounds salmon fillets, skin-on or skinless
- 1 cup Diamond Crystal kosher salt
- 1 gallon water

Directions:

1. If you catch your own fish, gut it within two hours of catching it. Leave the skin on and remove the head, tail, and scales. Remove any blood from the fish by washing it. Keep the fish clean and refrigerated or on ice until ready to cook.
2. To prepare a brine, dissolve the salt in the water in a big food-safe container (it should dissolve without needing to heat the water).
3. Refrigerate the salmon for 1 hour after cutting it into 3-inch pieces and adding it to the brine.
4. Prepare your 4-pint jars and pressure canner according to the directions in Pressure Canning, Step-by-Step.
5. Drain the fish and place it into the heated jars, skin-side up, with 1 inch of headspace.
6. Remove any air bubbles, clean the jar rims, finger-tighten the lids and rings, and place the jars in the pressure canner. Process the jars at 10 pounds of pressure for 1 hour and 40 minutes, adjusting for altitude.
7. Turn off the heat and let the pressure gradually fall.
8. Remove the lids and let the jars cool for 5 minutes in the canner.
9. Remove the jars and let them cool further.
10. After 24 hours, check the lid seals.

Per serving: Calories: 358 kcal, Fat: 13.31 g, Carbs: 0 g, Protein: 59.72 g

Canned Shad

Preparation time: 10 minutes

Cooking time: 120 minutes

Servings: 6 half-pints

Ingredients:

- 3 tsp kosher salt
- 2 ½ lbs. boneless skinless shad
- 1 gallon Water

Directions:

1. 1 cup of salt dissolved in 1 gallon of water yields the brine.
2. Cut the fish into jar-sized pieces. Soak for one hour, then drain for ten minutes.
3. Fill jars with fish, allowing 1 inch of headspace.
4. Jars should be processed at 10 pounds of pressure for 1 hour and 40 minutes.
5. Allow it to cool for 12 hours before removing and storing it.

Per serving: Calories: 249 kcal, Fat: 7.67 g, Carbs: 0 g, Protein: 42.32 g

Vegetable Recipes

Pressure Canned Asparagus

Preparation time: 35 minutes

Cooking time: 50 minutes

Servings: 9-quart jars

Ingredients:

- 10 pounds asparagus
- Canning salt
- Boiling water

Directions:

1. To begin with, bring the water to a boil in a saucepan over high heat.
2. Trim the asparagus to fit into the jars. Fill the jars halfway with them, then add 1/2 tablespoon of salt and the boiling water, leaving a 1-inch headspace.
3. Wipe the jar rims, then insert the lids and rings and secure them with your hands.
4. After that, place the jars in the pressure canner and process at 10 pounds for 30 minutes for pints and 40 minutes for quarts.
5. Before removing the jars, let the pressure canner depressurize.

Per serving: Calories: 52 Cal kcal, Fat: 1 g, Carbs: 55 g, Protein: 2 g

Pressure Canned Plain Beets

Preparation time: 35 minutes

Cooking time: 55 minutes

Servings: 3-quart jars

Ingredients:

- 1 pound beets
- Water
- Pickling salt

Directions:

1. Trim the tops of the beets so that they are one inch long. Also, leave the beet roots on.
2. Wash the beets well in clean water before placing them in a saucepan.
3. Cover the beets with water and bring them to a boil for 15 to 25 minutes, or until the peel easily comes off.
4. Remove the beets from the boiling water and allow them to cool slightly before handling. When placed in the jar, they should be at least warm.
5. Peel the beets after trimming the remaining stems and roots.
6. Leave the little beets intact and cut the larger ones into big pieces. Fill the jars halfway with beets, leaving a 1-inch headspace.
7. Fill each jar halfway with hot water and a half spoonful of salt.
8. Remove any bubbles from the jar and wipe the rims clean with a clean cloth.
9. Put the lids and rings on. For 30 minutes, process the jars at 10 pounds.
10. Allow the pressure canner to cool to zero before removing the jars.

Per serving: Calories: 52 Cal kcal, Fat: 1 g, Carbs: 55 g, Protein: 2 g

Canned Hot Peppers

Preparation time: 35 minutes

Cooking time: 45 minutes

Servings: 2-pint jars

Ingredients:

- 2 pounds hot peppers
- Salt
- Boiling water

Directions:

1. To prevent a burning sensation, put on rubber gloves.
2. Sort the peppers and choose the freshest and firmest ones for the best results.
3. Wash the hot peppers and arrange them in a single layer on a baking sheet coated with parchment paper.
4. Broil for 5–10 minutes, flipping once during the cooking time.
5. Seal the zip lock bag with the hot pepper inside. Allow for a 10-minute rest before removing the bag. Remove as much pepper skin as you can.
6. Remove the tops, scrape out the seeds, then chop the peppers into two or smaller pieces that will fit in the jar.
7. Fill the jars halfway with peppers and a half spoonful of salt. Fill each jar halfway with boiling water, allowing a 1-inch headspace.
8. Wipe the rims, shut the lids, and secure the rings. For 35 minutes, process the jars at 10 pounds of pressure.
9. Allow the scanner to depressurize before removing the jars.

Per serving: Calories: 100 kcal, Fat: 7 g, Carbs: 8 g, Protein: 6 g

Pressure Canned Sweet Peppers

Preparation time: 35 minutes

Cooking time: 40 minutes

Servings: 2-pint jars

Ingredients:

- 2 pounds sweet bell peppers
- Salt
- Water

Directions:

1. Wash the sweet bell peppers well and cut them into quarters.
2. Bring the peppers to a boil in a saucepan covered with water for 3 minutes.
3. Fill the pint jars halfway with peppers and a quarter spoonful of salt.
4. Fill each jar halfway with cooking liquid, allowing a 1-inch headspace. Make sure the rims are clean and that the lids and rings are in place.
5. After that, put the jars in the pressure canner for 35 minutes at 10 pounds of pressure.
6. Allow the pressure canner to cool before removing the jars.

Per serving: Calories: 200 kcal, Fat: 8 g, Carbs: 8 g, Protein: 6 g

Canned Sweet Potatoes

Preparation time: 35 minutes

Cooking time: 115 minutes

Servings: 10-quart jars

Ingredients:

- 10 pounds sweet potatoes
- Water
- 1-1/2 cup brown sugar
- 3 cups water

Directions:

1. Fill a stockpot halfway with water, then add the entire sweet potatoes. For 15 minutes, bring it to a boil.
2. Remove the sweet potatoes from the water and allow them to cool so they can be easily peeled.
3. Cut them into big bits and load them into the clean jars, allowing a half-inch of headspace between them.
4. Bring 3 cups of water to a boil, then add 1-1/2 cups of brown sugar and stir until the sugar is dissolved.
5. Maintain the headspace by adding hot water to some jars and simple brown sugar syrup to others. Remove the bubble and, if required, add additional hot water.
6. Clean the jar rims before adding the lids and rings. After that, put the jars in the canner and process for 90 minutes for quart jars and 65 minutes for pint jars at 10 pounds.
7. Allow the pressure to settle so that the jars may be removed from the canner.

Per serving: Calories: 200 kcal, Fat: 8 g, Carbs: 8 g, Protein: 6 g

Canned Broccoli

Preparation time: 35 minutes

Cooking time: 35 minutes

Servings: 4-pint jars

Ingredients:

- 4 pounds fresh broccoli
- Canning salt
- Water

Directions:

1. Soak and thoroughly wash the broccoli to eliminate any dirt that may have accumulated in the head.
2. Remove the stems from the head and cut it into 2-inch pieces. If you like, you may also use the stems.
3. Place the broccoli in a pot of boiling water and cook for 3 minutes.
4. Pack the broccoli into sterilized jars with a slotted spoon and cover with boiling water, leaving a 1-inch headspace. Remove any air bubbles from each jar and, if required, add water.
5. 1 tablespoon of canning salt in each jar, with a clean cloth around the rims. After adding the lids and rings, transport the jars to the pressure canner.
6. For 30 minutes, process the jars at 10 pounds. Allow the canner to cool before removing the jars.
7. Allow the jars to rest overnight before storing them in a cool, dry area.

Per serving: Calories: 275 kcal, Fat: 20 g, Carbs: 8 g, Protein: 20 g

Canning Turnips

Preparation time: 35 minutes

Cooking time: 40 minutes

Servings: 12-pint jars

Ingredients:

- 10 pounds turnips
- Water

Directions:

1. Turnips should be peeled and diced into tiny pieces.
2. Add the turnips to a stockpot and cover with cold water. Drain the water to remove any dirt or debris.

3. Cover with water once more and bring to a boil over medium-high heat. Reduce the heat to low and let it simmer for 5 minutes.
4. Transfer the heated turnips to the sterilized jars using a slotted spoon. Fill the jar halfway with the cooking liquid, leaving a 1-inch headspace at the top. a half-teaspoon pickling salt
5. Remove any air bubbles and, if required, pour in the cooking liquid. Place the lids and rings on the pint jars after wiping them down.
6. For 30 minutes at 10 pounds, fill the pressure canner halfway with jars and process for 30 minutes.
7. Allow the canner to cool completely before removing the jars.

Per serving: Calories: 198 kcal, Fat: 12 g, Carbs: 20 g, Protein: 5 g

Pressure Canned Caramelized Onions

Preparation time: 35 minutes

Cooking time: 12 hours and 10 minutes

Servings: 6-pint jars

Ingredients:

- 6 pounds onions
- 2 butter sticks
- Water

Directions:

1. Peel the onions and cut them into 14-inch pieces.
2. In a stockpot over high heat, melt 1 stick of butter and add the chopped onions.
3. Spread another stick of butter on top of the onions. Cook for an hour on high, until the butter has melted and the onions have sweated somewhat.

4. Reduce the heat to low and let it cook for 10 hours or overnight, stirring periodically. The onions should be golden brown and caramelized to perfection.
5. Fill the sterilized hot jars halfway with onions, then remove any air bubbles. Wipe the jar rims with a moist clean towel as well.
6. Place the lids and rings on the jars and process them for 70 minutes at 10 pounds of pressure.
7. Remove the pressure canner from the heat and let it cool to zero before removing the jars.

Per serving: Calories: 198 kcal, Fat: 12 g, Carbs: 20 g, Protein: 5 g

Canned Fiddleheads

Preparation time: 35 minutes

Cooking time: 30 minutes

Servings: 1-pint jar

Ingredients:

- 2 cups fiddleheads
- ½ cup water
- ½ cup white vinegar
- 1 tablespoon salt
- ½ tablespoon peppercorns
- ½ tablespoon fennel
- ½ tablespoon coriander
- 1 sprig thyme
- 3 garlic cloves

Directions:

1. Trim the cut ends and boil the fiddleheads in salted water for 10 minutes.
2. Rinse the fiddleheads with clean water after straining them. Fill the jars halfway with fiddleheads, leaving a 1-

inch headspace.

3. Place the spices immediately on top of the fiddleheads in each jar.
4. In a saucepan, combine the water, vinegar, and salt and pour over the fiddleheads.
5. Wipe the rims clean, then screw on the lids and rings. After that, put the jars in the pressure canner and process for 10 minutes at 10 pounds of pressure.

Per serving: Calories: 340 kcal, Fat: 23 g, Carbs: 8 g, Protein: 28 g

Canned Kale

Preparation time: 30 minutes

Cooking time: 80 minutes

Servings: 5 pints

Ingredients:

- 10 pounds kale
- Water

Directions:

1. Remove the kale's rigid stems and yellow bits before chopping it into bite-size pieces.
2. To the stockpot, add the cleaned kale. Pour water over the kale.
3. Bring the water to a boil and cook the kale until it is thoroughly wilted.
4. Fill the jars with kale using a slotted spoon, then add 12 teaspoons of salt to each jar. One-inch headroom when adding the cooking liquid.
5. Remove any air bubbles and, if required, add extra cooking liquid.
6. Clean the rims and screw on the lids and rings.
7. For 70 minutes, process the jars at 10–11 pounds of pressure.

8. Turn off the heat and let the canner cool before removing the jars using a jar lifer.
9. Allow them to rest for 24 hours before keeping them in a cool, dry area.

Per serving: Calories: 250 kcal, Fat: 8 g, Carbs: 8 g, Protein: 17 g

Glazed Sweet Carrots

Preparation time: 15 minutes

Cooking time: 70 minutes

Servings: 16 pints

Ingredients:

- 8 cups sugar, brown
- 10 pounds carrots
- 4 cups orange juice
- 8 cups water, filtered

Directions:

1. Carrots should be washed and drained.
2. In a large saucepan, combine orange juice, brown sugar, and water.
3. Stir constantly over medium heat until the sugar melts.
4. Maintain the temperature of the mixture.
5. Fill the sterilized, hot jars halfway with raw carrots.
6. Allow one inch of headroom.
7. Fill the jars halfway with hot syrup, allowing an inch of headspace.
8. Remove any air bubbles by tapping the jars.
9. Wipe the jar rims clean and screw on the lids.
10. In a pressure canner, process the jars for 1/2 hour at 10 pounds of pressure.
11. Keep it in a cool, dry place.

Per serving: Calories: 185 kcal, Fat: 12 g, Carbs: 4 g, Protein: 11 g

Herbed Peas

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4 pints

Ingredients:

- 3 pounds peas
- Chervil, as needed
- Thyme, as needed
- Water

Directions:

1. This one will need the use of a pressure canner.
2. Peas should be washed and dried, then shelled and washed again.
3. To cook the peas, use a pressure cooker.

Per serving: Calories: 280 kcal, Fat: 8 g, Carbs: 7 g, Protein: 8 g

Pressure Canned Carrots

Preparation time: 20 minutes

Cooking time: 25 minutes

Servings: 7

Ingredients:

- 2 ½ pounds carrots
- 1 tablespoon salt
- 1 cup water

Directions:

1. Trim and wash the carrots. If desired, peel and wash the carrots again.
2. Cut the carrots into pieces that suit your tastes.
3. Fill the jars halfway with carrots, allowing 1 inch of headspace.
4. 12 tablespoons of salt in each jar, followed by boiling water in each jar.
5. Place the lids on the jars after rinsing the jar rims with a clean, moist cloth.
6. Place the jars in the pressure canner and process them at 10 pounds of pressure for 25 minutes.
7. Before removing the jars, let the canner rest and depressurize.

Per serving: Calories: 340 kcal, Fat: 15 g, Carbs: 18 g, Protein: 30 g

Pressure Canned Potatoes

Preparation time: 15 minutes

Cooking time: 50 minutes

Servings: 7

Ingredients:

- 6 pounds cubed white potatoes
- Canning salt

Directions:

1. After properly cleaning the jars, put them in a cool oven. Preheat the oven to 250°F.
2. In a saucepan, bring the water to a boil. Also, fill the pressure canner with 4 inches of water and set it to medium heat.
3. Fill each jar halfway with potatoes, allowing a 1-inch headspace. Pour boiling water into each jar, then use a

canning knife to remove any air bubbles.

4. Rinse the jar rims and screw on the lids and rings.
5. Arrange the jars in the pressure canner and secure the lid as directed by the maker.
6. Process the quart jars at 10 pounds for 40 minutes and the pint jars for 35 minutes.
7. Turn off the heat and let the canner cool before removing the jars. Leave the jars undisturbed on a cloth for 24 hours.
8. Keep it in a cold, dry location.

Per serving: Calories: 340 kcal, Fat: 15 g, Carbs: 18 g, Protein: 30 g

Pressure Canned Sweet Potatoes

Preparation time: 15 minutes

Cooking time: 1 hour and 45 minutes

Servings: 10 quarts

Ingredients:

- 10 pounds sweet potatoes
- Water
- 1 ½ cups brown sugar

Directions:

1. Fill a stockpot halfway with water, then add the entire sweet potatoes. For 15 minutes, bring it to a boil.
2. Drain the sweet potatoes and lay them aside to cool so they can be peeled easily.
3. Cut them into big bits before packing them into clean jars with a half-inch headspace.
4. Boil 3 cups of water with 1 cup of brown sugar until the sugar dissolves.

5. Maintain the headspace by adding hot water to some jars and simple brown sugar syrup to others. Remove the bubbles and, if required, add additional hot water.
6. Wipe the jar rims clean before adding the lids and rings.
7. Place the jars in the canner and process for 90 minutes at 10 pounds for quart jars and 65 minutes for pint jars.
8. Allow the pressure to settle so that the jars may be removed from the canner.

Per serving: Calories: 340 kcal, Fat: 15 g, Carbs: 18 g, Protein: 30 g

White Whole Potatoes

Preparation time: 20 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 13 pounds potatoes
- 4 tablespoons salt
- Boiling water
- Lemon juice
- Ascorbic acid

Directions:

1. To avoid discoloration, soak the peeled and washed potatoes in an ascorbic acid solution comprised of 1 gallon of water and 1 cup of lemon juice.
2. Boil entire potatoes in salted water for 10 minutes, then drain.
3. Fill sterilized jars halfway with potatoes.
4. Fill a 1-inch headspace with new boiling water and cover the potatoes.

Per serving: Calories: 555 kcal, Fat: 28 g, Carbs: 6 g, Protein: 67g

Pressure Canned Tomatoes

Preparation time: 30 minutes

Cooking time: 1 hour and 30 minutes

Servings: 6

Ingredients:

- 9 pounds ripe peeled and halved tomatoes
- 1 tablespoon lemon juice
- 1 tablespoon salt

Directions:

1. Pack the tomatoes into the sterilized jars, pushing them down to fill the area between the tomato pieces with juices.
2. Allow a 12-inch headspace.
3. Fill each jar with a tablespoon of lemon juice and 12 teaspoons of salt.
4. Rinse the rims, then screw on the lids and rings.
5. They may be pressure canned at 10 pounds of pressure for 90 minutes.
6. Remove the jars when the pressure canner has depressurized.
7. Allow the jars to cool before storing them in a cold, dry location.

Per serving: Calories: 354 kcal, Fat: 14 g, Carbs: 16 g, Protein: 26 g

Herbed Tomatoes

Preparation time: 30 minutes

Cooking time: 20 minutes

Servings: 4 pints

Ingredients:

- 8 pounds tomatoes, peeled
- Water
- Spiced blend (house seasoning)

Directions:

1. In a saucepan, combine tomatoes and water. Allow it to boil.
2. Use the pressure cooking technique to add spices to canned tomatoes.

Per serving: Calories: 238 kcal, Fat: 4.2 g, Carbs: 46.46 g, Protein: 10.28 g

Shelled Lima Beans

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 9 pints

Ingredients:

- 18 pounds lima beans, shelled
- 10 tablespoons salt
- Boiling water

Directions:

1. In a big saucepan, cover the beans with boiling water and season with salt.
2. For 10 minutes, boil the beans.
3. Fill sterilized jars with beans and liquid, allowing 1 inch of headspace.
4. Adjust the jar lids and process for 40 minutes at 10 pounds of pressure (if using a weighted gauge) or 11

pounds of pressure in a pressure canner (if using a dial gauge).

Per serving: Calories: 354 kcal, Fat: 14 g, Carbs: 16 g, Protein: 26 g

Marinated mushrooms

Preparation time: 30 minutes

Cooking time: 35 minutes

Servings: 9 pints

Ingredients:

- ¼ cup pimiento, diced
- ½ cup lemon juice, bottled
- 1 tablespoon basil leaves, dried
- 2 ½ cups white vinegar, 5%
- ½ cup onions, chopped finely
- 7 pounds mushrooms, small, whole
- 2 cups oil, olive/salad
- 1 tablespoon oregano leaves
- 1 tablespoon pickling/canning salt
- 25 pieces black peppercorns
- Water
- Garlic clove

Directions:

1. Make sure your mushrooms are extremely fresh, unopened, and have caps that are less than 14 inches in diameter.
2. Before cutting the stems, wash the mushrooms and leave a quarter-inch attached to the caps. Put the water and lemon juice in a saucepan. Bring to a boil, then reduce to a low heat for 5 minutes before draining.
3. In a saucepan, combine the vinegar, salt, basil, oregano, and olive oil. Stir in the pimiento and onions until well combined. Bring the mixture to a boil.

4. Meanwhile, fill each of your half-pint mason jars with garlic cloves (1/4 part) and peppercorns (2 to 3 pieces).
5. Make a half-inch headspace between the cooked mushrooms and the hot liquid mixture.
6. Before adjusting the lids, remove any air bubbles.
7. Process the jars in the pressure canner for 20 minutes.
8. You can prepare meals without adding salt. If you want to season your pressure-can meals, use canning salt. To each pint jar, add one-half teaspoon of canning salt (if using quart jars, add one teaspoon).

Per serving: Calories: 451 kcal, Fat: 48.25 g, Carbs: 2.97 g, Protein: 0.49 g

Cucumber Slices

Preparation time: 40 minutes

Cooking time: 20 minutes

Servings: 5 pints

Ingredients:

- 3-1/2 lb. pickling cucumbers
- 4 cups cider vinegar
- 3 cups Splenda
- 1 tbsp canning salt
- 1 cup water
- 1 tbsp mustard seed
- 1 tbsp whole allspice
- 1 tbsp celery seed
- 4 1-inch cinnamon sticks

Directions:

1. Wash the cucumbers after removing the bloom ends.
2. Pour boiling water over the cucumbers after cutting them into 1/4-inch thick slices. Allow for a 10-minute resting period.

3. Drain the boiling water and rinse the cucumbers under cold running water. Drain the cucumber slices completely.
4. In a stockpot, combine all of the ingredients except the cinnamon sticks and bring to a boil. Return to a boil after adding the cucumber slices.
5. Place a cinnamon stick in each sterilized jar, then fill with hot cucumber pieces, leaving a 1/2-inch headspace, using a slotted spoon.
6. Remove any air bubbles before wiping the rims clean with a moist paper towel. In the pressure canner, process the jars for 10 minutes at 10 pounds of pressure.

Per serving: Calories: 17 kcal, Fat: 0.2g, Carbs: 3.1g, Protein: 0.8g

Fruit Recipes

Canned Berry Syrup

Preparation time: 15 minutes

Cooking time: 60 minutes

Servings: 5 pints

Ingredients:

- 10-1/2 oz berries, fresh or frozen
- 4-1/2 cups apple juice
- 1-1/2 cups honey
- 1-1/2 cups artificial sweetener

Directions:

1. In a mixing bowl, smash the berries using a potato masher. Bring the remaining ingredients to a boil over medium heat. Stir the mixture to prevent it from overflowing the pot.
2. Reduce the heat so that the mixture continues to boil for the next 40 minutes. The mixture should have been decreased and thickened by half.
3. Fill sterilized jars halfway with syrup, allowing 1/2 inch of headspace. Place the lids on the jars after wiping the rims.
4. Fill the pressure canner halfway with water, leaving at least 2 inches of space between the jars.
5. Cover the pressure canner with a well-fitting conventional cover and process the jars for 10 minutes.
6. Remove the lids and let the jars stand in the canner for 5 minutes before transferring them to a cooling rack.
7. Before keeping the jars in a cold, dry area, label them.

Per serving: Calories: 51 kcal, Fat: 1g, Carbs: 13g, Protein: 1g

Apple Peach Chutney

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 4 pints

Ingredients:

- Cider vinegar, 5% (2-1/4 cups)
- Yellow onion, diced (2-1/2 cups)
- Pickling spice, mixed (4 tablespoons)
- Brown sugar, light, packed (3-3/4 cups)
- Peaches, unripe, hard, chopped (10 cups)
- Red pepper flakes, crushed (2 teaspoons)
- Tomatoes, Roma, chopped (6 cups)
- Green bell peppers, chopped (2 cups)
- Apples, Granny Smith, chopped (2 cups)
- Canning salt (1 tablespoon)

Directions:

1. Fill a clean 6x6 cheesecloth with the pickling spice (twice stacked). Use a clean string to tie the corners together.
2. Wash the tomatoes before immersing them in boiling water for one minute, then dunking them in cold water, peeling off the skins, and slicing them into half-inch pieces. Combine all in a Dutch oven (8-quart).
3. Peel and wash the onions before slicing them into quarter-inch pieces and adding them to the Dutch oven. Meanwhile, wash and core the peppers, then remove the seeds and cut the meat into quarter-inch pieces. Toss the peppers and onions in the Dutch oven until thoroughly mixed.
4. Before peeling and pitting the peaches, wash them. Slice in half before soaking for ten minutes in a basin of water (1/2 gallon) laced with ascorbic acid (1500 mg).

5. Before peeling and coring the apples, wash them. Cut it in half and immerse it in another basin of ascorbic acid solution.
6. Quickly cut the peaches and apples into half-inch pieces and set them in the bottom of a saucepot. Combine the veggies and the pickling spice package in a mixing bowl. Combine the vinegar, red pepper flakes, salt, and brown sugar in a mixing bowl.
7. Bring the mixture to a boil before lowering the heat and allowing it to simmer for thirty minutes. When finished, throw away the pickling spice bag.
8. Pour the salsa into hot, clean mason jars, leaving half an inch of headspace in each. Before adjusting the lids, remove any air bubbles.
9. process for fifteen minutes in a pressure canner.

Per serving: Calories: 82 kcal, Fat: 0.2 g, Carbs: 21 g, Protein: 1 g

Peach-Pineapple Spread

Preparation time: 15 minutes

Cooking time: 35 minutes

Servings: 3 pints

Ingredients:

- 4 cups peach pulp
- 1/4 cup bottled lemon juice
- 2 cups crushed pineapple, unsweetened and drained
- 2 cups artificial sweetener

Directions:

1. Peaches should be washed and well drained. Remove the pit and peel them. Grid them with a medium blade or smash them with a fork.

2. Place the crushed peaches in a 2-quart saucepan and simmer over low heat, stirring constantly, until all of the juice has been released. Allow the juice to drain for 15 minutes after straining the peaches through cheesecloth.
3. In a saucepan, mix 4 cups of peach juice, peach pulp, lemon juice, pineapple juice, and sugar.
4. Bring to a boil, stirring occasionally to avoid sticking. Fill the sterilized pint jars with the heated liquid, allowing a 1/4-inch headspace.
5. Wipe the jar rims clean with a moist cloth before replacing the lids. Place the jars in the pressure canner with enough water to cover them by at least 2 inches.
6. Cover the pressure canner with a good-fitting cover and process the pint jars in boiling water for 25 minutes.
7. Remove the jars from the canner and set them aside to cool overnight.

Per serving: Calories: 20 kcal, Fat: 0g, Carbs: 4g, Protein: 0g

Grape Jelly with Liquid Sweetener

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 3 pints

Ingredients:

- 2 tbsp gelatin powder
- 2 tbsp lemon juice
- 24 oz grape juice
- 2 tbsp artificial sweetener

Directions:

1. Soften gelatin in a saucepan with lemon juice and grape juice, then bring to a hard boil. Allow for 1 minute of boiling before turning off the heat.

2. Stir in the sweetener until completely blended.
3. Fill sterilized pint jars with the hot liquid, allowing a 1/4-inch headspace. Wipe the jar rims clean with a moist cloth before replacing the lids.
4. Place the jars in the pressure canner with enough water to cover them by at least 2 inches.
5. Cover the pressure canner with a good-fitting cover and process the pint jars in boiling water for 10 minutes. Remove the jars from the canner and set them aside to cool overnight.

Per serving: Calories: 25 kcal, Fat: 0g, Carbs: 6g, Protein: 0g

Sliced Sweet Pickles

Preparation time: 15 minutes

Cooking time: 25 minutes

Servings: 4 pints

Ingredients:

- 4 lb. pickling cucumbers
- Canning syrup
- 1-2/3 cups white vinegar, distilled
- 3 cups sugar
- 1 tbsp whole allspice
- 2-1/4 tbsp celery seed
- Brining solution:
 - 1-quart white vinegar, distilled
 - 1 tbsp pickling salt
 - 1 tbsp mustard seed
 - 1/2 cup sugar

Directions:

1. Cucumbers should be washed and the blossom end removed. Cucumber, cut into 1/4-inch slices Bring all of

the canning syrup ingredients to a boil. Maintain the temperature of the mixture.

2. In a kettle, combine all of the brining ingredients, then add the cucumber slices. Bring it to a boil until the cucumbers become a dismal green hue. They should be drained.
3. Fill sterilized pint jars halfway with cucumber slices, allowing a 1/2-inch headspace. Remove any air bubbles before adding the boiling syrup. If required, add extra syrup.
4. Wipe the jar rims clean with a moist cloth before replacing the lids. Place the jars in the pressure canner with enough water to cover them by at least 2 inches.
5. Cover the pressure canner with a good-fitting cover and process the pint jars in boiling water for 15 minutes. Allow the jars to cool overnight before storing them in a cold, dry location.

Per serving: Calories: 40 kcal, Fat: 0g, Carbs: 10g, Protein: 0g

Honey and Cinnamon Peaches

Preparation time: 20 minutes

Cooking time: 35 minutes

Servings: 7 pints

Ingredients:

- 3 lb. ripe peaches
- 1 cup honey
- 7 cinnamon sticks

Directions:

1. Peel the peaches and soak them for 2 minutes in boiling water. The skin will peel away. Meanwhile,

combine 9 cups of water and honey in a saucepan and bring to a boil over medium-high heat.

2. Remove the pits from the peaches and quarter them.
3. Fill each sterilized pint jar with a cinnamon stick. Fill the jars halfway with the peach and honey mixture, allowing a 1/2-inch headspace.
4. Adjust the lids and wipe the jar rims. Place the jars in the pressure canner with enough water to cover them by at least 2 inches.
5. Cover the pressure canner with a good-fitting cover and process the pint jars in boiling water for 30 minutes.

Per serving: Calories: 148 kcal, Fat: 0g, Carbs: 38.9g, Protein: 0.1g

Orange Cranberry Chutney

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 3-pint jars

Ingredients:

- 2 cups of chopped white onion
- 2 cups of white vinegar
- 3 cinnamon sticks
- 1 1/2 cups of sugar
- 4 tablespoons of grated ginger
- 24 ounces of fresh cranberries
- 2 cups of golden raisins
- 1 cup of orange juice

Directions:

1. Place the cranberries in a Dutch oven after carefully washing them (large).
2. Toss with the remaining ingredients.
3. Bring the mixture to a boil over high heat.

4. Simmer for fifteen minutes, or until the cranberries are soft. Make sure to stir constantly to prevent burning.
5. When the chutney is finished, remove the cinnamon sticks. Pour the chutney into hot, clean mason jars (half-pint), leaving half an inch of headspace in each.
6. Remove any air bubbles from the jars before screwing on the lids. Fill the pressure canner halfway with water.
7. 10 minutes in the processor.

Per serving: Calories: 72.4 kcal, Fat: 0.1 g, Carbs: 18.2 g, Protein: 0.3 g

Apricots

Preparation time: 15 minutes

Cooking time: 25 minutes

Servings: 7 pints

Ingredients:

- 10lb apricots
- 3 cups Water
- 1 cup Lemon juice

Directions:

1. Apricots should be washed and sliced into quarters. Combine 1/2 cup of lemon juice with 3 cups of water and soak the apricots for 3 minutes.
2. Fill sterilized pint jars halfway with boiling water, leaving a 1/2-inch headspace. Adjust the lids and clean the jar rims.
3. Fill the pressure canner halfway with water, leaving at least 2 inches of space between the jars.
4. Cover the pressure canner with a good-fitting cover and process the pint jars in boiling water for 25 minutes.

Allow for a 25-hour cooling period before storing in a cool, dry place.

Per serving: Calories: 50 kcal, Fat: 0g, Carbs: 14g,
Protein: 0g

Soups, Stews and Broth Recipes

Navy Bean Soup

Preparation time: 20 minutes

Cooking time: 1 hour and 30 minutes

Servings: 12 half pint jars

Ingredients:

- 1 cup dried navy beans
- 1 1/2 cups diced carrots
- 3 cups diced ham
- 4 cups chicken broth

Directions:

1. Cover the beans with water in a large mixing basin. Allow it to sit overnight, covered.
2. Drain the beans well. Fill the big pot with water to at least 2 inches above the beans. Bring it to a boil and then reduce it to a low heat for 30 minutes.
3. Bring the broth to a boil in a saucepan.
4. Fill clean jars halfway with carrots, ham, and beans. Serve with heated broth on top. Allow 1 inch of headroom.
5. Insert the lids and rings. Fill the pressure canner halfway with water.
6. In a pressure canner, process canned soup pints for 75 minutes or quarts for 90 minutes at 10 pounds of pressure.
7. Examine the jar seals. label and keep it.

Per serving: Calories: 130 kcal, Fat: 11g, Carbs: 13g, Protein: 11g

Kimchi Soup

Preparation time: 20 minutes

Cooking time: 30 minutes

Servings: 6 pint jars

Ingredients:

- 3 heads napa cabbage, chopped
- 12 garlic cloves
- 1/4 cup dried salted shrimp
- 2 tbsps. minced ginger
- 1 yellow onion
- 3 tbsps. sweet rice flour
- 4 cups coarse sea salt
- 2 tbsps. brown sugar
- 3 cups water
- 1/2 cup fish sauce
- 2 cups sliced Korean radish
- 6 chopped green onions
- 4 cups Korean red chili flakes
- 1 tbsp. sesame seeds

Directions:

1. Divide 3 cups of water across three big dishes and mix in 1 cup of sea salt in each. Sprinkle the chopped cabbage with the remaining 1 cup of salt.
2. Divide the salted cabbage evenly among the three dishes and set them aside for 12 hours.
3. Rinse the cabbage well in a colander and drain it for 1 hour to remove excess water.
4. In a saucepan over medium heat, combine the rice flour and 3 cups of water and bring to a boil, cooking the mixture until it reaches a glue-like consistency, approximately 5 minutes. Remove the saucepan from the heat and allow the rice mixture to cool to room temperature.

5. In a food processor, combine garlic, 1 tablespoon of water, ginger, and onion; pulse until smooth, adding additional water if necessary.
6. In a large mixing bowl, combine the chili flakes, onion combination, rice flour mixture, fish sauce, shrimp, brown sugar, and sesame seeds until thoroughly combined. Toss in the radishes and green onions and mix thoroughly.
7. Rub the cabbage with the chili mixture until completely covered, then place it in jars and tightly cover. Allow the jars to ferment for three days at room temperature. can be canned and stored for up to a year.

Per serving: Calories: 88 kcal, Fat: 1.2g, Carbs: 17.9g, Protein: 3.9g

Canned Chili Con Carne

Preparation time: 20 minutes

Cooking time: 60 minutes

Servings: 9 half pint jars

Ingredients:

- 3 cups pinto bean
- 5 1/2 cups water
- 5 tbsps. salt, divided
- 3 lbs. ground beef
- 1 1/2 cups chopped onion
- 1 cup chopped pepper
- 1 tbsp. black pepper
- 6 tbsps. Chili powder
- 8 cups crushed tomatoes

Directions:

1. Place the beans in a 2-quart saucepan, then cover with cold water about 2-3 inches above the beans. Cover

and place the dish in the refrigerator for 12–18 hours to soak. Drain the beans and throw away the water.

2. In a saucepot, combine the beans and 5 1/2 cups of water. Cook for around 25 minutes, seasoning with 2 tbsp of salt.
3. Simmer for around 30 minutes. Meanwhile, cook the beef in a pan with onions and pepper (optional), then drain the fat. After adding 3 tbsp salt and the remaining ingredients to the boiled beans, cook for 5 minutes. Make certain not to thicken.
4. Fill heated pint jars with spicy chili stew. Allow 1 inch of headroom. Avoid using quart jars.
5. Remove the air bubbles as required, adjusting the headspace.
6. Using a clean, wet paper towel, wipe the rims of the jars.
7. Put on the 2-piece metal caps.
8. In a pressure canner, process the pint jars for 75 minutes at 11 pounds of pressure if using a dial-gauge canner or 10 pounds of pressure if using a weighted-gauge canner.

Per serving: Calories: 556 kcal, Fat: 11.4g, Carbs: 51g, Protein: 61.9g

Pea Soup with Carrot

Preparation time: 20 minutes

Cooking time: 1 hour 30 minutes

Servings: 6 pint jars

Ingredients:

- 6 quarts dried split peas
- 6 quarts water
- 4 1/2 cups diced carrots

- 3 cups chopped onion
- 3 cups cooked and diced ham
- 1/2 tsp. allspice
- salt and black pepper, to taste

Directions:

1. In a large saucepan, bring the split peas and the water to a boil.
2. Cook for 1 hour, covered, or until the peas are tender. If preferred, crush the peas using a potato masher.
3. Cook for 30 minutes after adding the other ingredients. If necessary, adjust the soup's consistency by adding hot water or broth.
4. Fill heated jars with hot soup, allowing a 1-inch headspace. Process quarts for 90 minutes and pints for 75 minutes at 10 psi according to the "Pressure Canning" guidelines, increasing the psi as needed for your altitude according to the altitude adjustment recommendations.

Per serving: Calories: 118.7 kcal, Fat: 2.6g, Carbs: 18.7g, Protein: 6.0g

Thick Beef Bone Broth

Preparation time: 20 minutes

Cooking time: 16 hour

Servings: 4 pint jars

Ingredients:

- 4 pounds (2 kg) meaty beef bones
- 2 quarts. (2 L) water
- 2 tablespoons (30 mL) unfiltered apple cider vinegar (5% acidity)
- 2 teaspoons (10 mL) salt
- 3 garlic cloves, crushed

- 2 bay leaves
- 1 large onion, quartered

Directions:

1. Preheat the oven to 400 degrees Fahrenheit (200 degrees Celsius). Place the meat bones in a large roasting pan. Bake for 30 minutes at 400 degrees Fahrenheit (200 degrees Celsius). Take the bones out of the oven. Reduce the oven temperature to 225 °F (107 °C). In a large stainless steel or enameled Dutch oven, combine the bones and pan drippings. Stir in the remaining ingredients and water. Cover and bake at 225F (107C) for 8 hours.
2. Reduce the oven temperature to 180°F (90°C) and bake for another 8 hours. Remove the bones from the broth. Pour broth into a 2-quart measuring cup through a fine wire-mesh strainer. 2 liter glass measuring cup or large mixing bowl; discard sediments. Skim fat and add water as required to make a 2 quart broth. (2 L). Bring the broth to a simmer in a large Dutch oven.
3. Fill a heated jar halfway with hot broth, allowing a 1-inch (2.5-cm) headspace. Remove the air bubbles. Wipe the jar's rim. Place the lid on the jar. Apply the band and tighten until fingertip-tight. Place the jar in a pressure canner with 2 inches (5 cm) of boiling water (180 °F/90 °C). Repeat until all of the jars are full.
4. Put the lid on the canner and turn it to the locked position. Increase the heat to medium-high. Allow 10 minutes for steam to escape. Set the counterweight or weighted gauge on the vent and raise the pressure to 10 pounds per square inch (psi) for a weighted-gauge canner or 11 pounds per square inch for a dial-gauge canner.

5. 20 minutes for 1-pt. (500-mL) jars or 1-quarts. 25 minutes in one-liter jars Turn off the heat and let the canner cool to zero pressure. Allow it to stand for 5 minutes before removing the cover.
6. Cool the jars in the canner for 10 minutes. Cool after removing the jars.

Per serving: Calories: 412 kcal, Fat: 20.9g, Carbs: 10.4g, Protein: 43.8 g

Bean and Bacon Soup

Preparation time: 20 minutes

Cooking time: 3 hours

Servings: 8 pint jars

Ingredients:

- 2 lbs. dried navy beans, soaked in water overnight
- 8 cups tomato juice
- 8 cups chicken or vegetable stock
- 2 cups carrots
- 4 cups white potatoes
- 3 cups chopped celery
- 1 tbsp. salt
- 2 tsps. black pepper
- 2 bay leaves
- 3 cups diced onion
- 2 lbs. bacon
- water

Directions:

1. Carrots and celery, sliced onions, potatoes, and bacon should all be diced.

2. Except for the bacon and onions, bring all the ingredients to a boil in a large stockpot over medium heat. Allow it to simmer.
3. In a large pan over medium heat, cook the bacon until golden brown, approximately 10 minutes. Mix in the onions. Cook for a further 10 minutes.
4. To the bean mixture, add the bacon and onions.
5. If the soup is too thick, add extra water until it reaches the desired consistency. Cook for another 30-35 minutes, or until it reaches a simmer.
6. Remove the bay leaves with tongs and divide the soup evenly among the jars.
7. Cook under pressure for 1 hour at 10 pounds for a weighted gauge pressure canner or 11 pounds for a dial-gauge pressure canner.
8. Allow the jars to cool completely at room temperature before storing. This might take a day.

Per serving: Calories: 590 kcal, Fat: 36.95g, Carbs: 45.34g, Protein: 29.65g

Potato and Leek Soup

Preparation time: 20 minutes

Cooking time: 30 minutes

Servings: 7 pint jars

Ingredients:

- 6 cubed potatoes
- 4 cups stock, chicken or beef
- 5 lbs. sliced leeks

Directions:

1. Each jar has a layer of leeking at the bottom. Layer potatoes on top of the leeks, then top with another layer of sliced leeks.

2. Bring the chicken or beef stock to a boil before adding it to the jars. Make sure each jar has approximately an inch of room at the top.
3. Attach the lids to the jars and process for 60 minutes in a pressure canner set to 11 pounds.

Per serving: Calories: 462 kcal, Fat: 2.34g, Carbs: 101.1g, Protein: 14.26g

Spicy Pork Broth

Preparation time: 20 minutes

Cooking time: 1 hour 50 minutes

Servings: 6 pint jars

Ingredients:

- 3 pounds (1.5 kg) boneless pork shoulder (Boston butt), trimmed and cut into 1 1/2-inch (4-cm) cubes
- 4 teaspoons (20 mL) salt, divided
- 1/2 teaspoon (2 mL) ground black pepper
- 1 tablespoon (15 mL) canola oil
- 2 quarts. (2 L) Chicken Bone Broth
- 1 (8-ounce / 227-g) onion, halved vertically and cut crosswise into thin slices
- 2 tablespoons (30 mL) dried crushed red pepper
- 1 1/2 tablespoons (22 mL) dried oregano
- 3 garlic cloves, minced

Directions:

1. Preheat the oven to 425°F (220°C). 1 teaspoon (5 mL) each salt and black pepper on the pork; toss to coat with oil. Arrange the pork chunks in a single layer on a rimmed baking sheet coated with aluminum foil. Bake for 30 minutes at 425°F (220°C), or until the meat starts to brown.

2. Meanwhile, bring broth, next 4 ingredients, and remaining 1 tablespoon (15 mL) salt to a boil in a 4-quart (4-L) stainless steel or enameled Dutch oven; secure, reduce heat, and simmer 5 minutes.
3. Half-fill 1 hot jar with pork chunks. Pour broth over the meat, allowing a 1-inch (2.5-cm) headspace. Bubbles of free air Wipe the jar's rim. Place the lid on the jar. Set the band to fingertip tightness. Place the jar on a rack in a pressure canner filled with 2 inches (5 cm) of simmering (180 °F/90 °C) water. Rep until all of the jars are full.
4. Put the lid on the canner and turn it to the locked position. Increase the heat to medium-high. Allow 10 minutes for steam to escape. Place the counter weight or weighted gauge on the vent and raise the pressure to 10 pounds per square inch (psi) for a weighted-gauge canner or 11 pounds per square inch for a dial-gauge canner.
5. 1 hour and 20 minutes for 1-pt. (500-mL) jars or 1-quarts. 1 hour and 30 minutes in 1-liter jars. Turn off the heat and let the canner cool to zero pressure. Allow it to stand for 5 minutes before removing the cover.
6. Cool the jars in the canner for 10 minutes. Cool the jars before removing them.

Per serving: Calories: 556 kcal, Fat: 11.4g, Carbs: 51g, Protein: 61.9g

Canned Turkey Stock

Preparation time: 20 minutes

Cooking time: 30 minutes

Servings: 1 pint jar

Ingredients:

- turkey bones, meat removed

- water, to cover
- salt, to taste
- 1 bay leaf

Directions:

1. In a pressure cooker, cover the bones with water.
2. Cook on high pressure for 30 minutes, or until the leftover flesh comes off the bones.
3. Remove the loosened meat from the bones and discard the stock. Refrigerate the stock overnight.
4. Skim off the fat and reheat the broth in a saucepot.
5. Fill quart jars halfway with the stock, allowing a 1-inch headspace.
6. Using a clean, wet paper towel, wipe the rims of the jars.
7. Apply the 2-piece metal caps.
8. In a pressure canner, process the quart jars for 25 minutes at 11 pounds of pressure if using a dial-gauge canner and 10 pounds of pressure if using a weighted-gauge canner.

Per serving: Calories: 20 kcal, Fat: 0g, Carbs: 1g, Protein: 4g

Late Season Garden Stew

Preparation time: 20 minutes

Cooking time: 1 hour and 30 minutes

Servings: 6 pint jars

Ingredients:

- 8 cups water or stock
- 1 tablespoon dried thyme
- 1/2 tablespoon dried marjoram
- 2 tablespoons dried parsley

- 4 pounds (1.8 kg) cubed beef
- 4 to 6 cups cubed root vegetables
- 2 cups carrot rounds
- 3 cups finely chopped onion
- 6 cloves garlic, crushed and minced

Directions:

1. Bring water or stock, thyme, marjoram, and parsley to a boil in a stockpot.
2. Fill your jars with meat and veggies.
3. Immediately pour the heated liquid over the meat and veggies. If necessary, add extra water. 1 to 1 1/2 inches of room is recommended.
4. Fill your jars with water and process them in your pressure canner for 90 minutes at 10 PSI. Make sure to account for altitude.

Per serving: Calories: 627 kcal, Fat: 29.2g, Carbs: 11.2 g, Protein: 80.9 g

Mexican Beef and Sweet Potato Soup

Preparation time: 20 minutes

Cooking time: 80 minutes

Servings: 8 pint jars

Ingredients:

- 1 tbsp. vegetable oil
- 2 1/2 quarts beef broth
- 2 1/2 lbs. beef chuck roast
- 4 sliced Roma tomatoes
- 1 sliced sweet potato
- 8 sliced carrots
- 1 cup whole kernel corn
- 1 sliced onion
- 2 sliced jalapeño peppers
- 2 sliced poblano peppers

- 1 tbsp. salt
- 6 minced garlic cloves
- 1/2 tbsp. ground black pepper
- 1/2 tbsp. chili powder

Directions:

1. In a 6-quart saucepan, heat 1/2 tbsp vegetable oil over medium-low heat. Half of the meat cubes should be added. To brown, fry while stirring. Place the meat in a small basin. Repeat with the remaining 1/2 tablespoon of oil and meat. Add the broth and all of the meat to the pot. Allow it to boil on low heat. Simmer, covered, until the meat is tender.
2. To the beef mixture in the saucepan, add sweet potatoes, carrots, tomatoes, onions, corn, garlic, jalapeno peppers, poblano peppers, salt, black pepper, and chili powder. Allow it to boil for 5 minutes, covered.
3. Fill the canning jars halfway with the veggies and meat. Fill each jar halfway with heated broth, leaving a one-inch headspace.
4. Remove any air bubbles, wipe the jar rims, adjust the lids, and tighten the band.
5. Place the filled jars in a pressure canner set to 11 pounds for dial-gauge or 10 pounds for weighted-gauge. Adjust for altitude and cook the jars for 75 minutes. Turn off the heat and let the pressure naturally decrease. Remove the lids and let the jars sit in the canner for five minutes to cool. Remove the jars and set them aside to cool. After twenty-four hours, inspect the lids and seals.

Per serving: Calories: 377 kcal, Fat: 6g, Carbs: 6.2g, Protein: 3g

Split Pea Soup

Preparation time: 20 minutes

Cooking time: 90 minutes

Servings: 2 pint jars

Ingredients:

- 1 lb. yellow, dry split peas
- 2 quarts water
- 4 tsps. lime juice
- 3/4 cups sliced carrots
- 1 cup chopped onions
- 2 minced garlic cloves
- 1/2 tsp. cayenne pepper
- 1 tsp. cumin seed and coriander
- 1 tsp. salt

Directions:

1. In a large stockpot, bring the water containing the split peas to a boil. Allow it to slowly simmer without covering for approximately an hour, or until the peas are tender.
2. Continue to boil for 30 minutes after adding the other ingredients. Check the consistency and, if required, thin down the water.
3. Pour it into jars, leaving a 12-inch headspace. Put the cap on and seal it. Place it in a canner with 2-3 inches of boiling water and process it for 90 minutes at high pressure.

Per serving: Calories: 158 kcal, Fat: 2.8g, Carbs: 26g, Protein: 8.3g

Tomato Soup with Celery

Preparation time: 20 minutes

Cooking time: 80 minutes

Servings: 8 pint jars

Ingredients:

- 6 sliced onions
- 1 bunch sliced celery
- 5-quarts tomato juice
- 1 cup sugar
- 1/4 cup salt
- 1 cup butter
- 1 cup flour

Directions:

1. To keep the celery and onions from burning, place them in a big saucepan with a little water. Set the saucepan to medium heat. Bring the water to a boil. While the water is boiling, add the tomatoes to the saucepan and simmer until mushy. Return the mixture to the pot after passing it through a strainer. Mix in the salt and sugar.
2. Combine the flour and the butter. Mix evenly and then add 2 cups of cold juice until fully combined. Combine the flour and butter mixture with the heated juice (before it is hot to prevent flour lumps). Stir well. If the flour boils, it will become lumpy, so simply heat it to high and turn off the fire before it boils. It will continue to thicken as it cools.
3. Fill each canning jar halfway with hot soup. Keep a one-inch headspace in mind. Remove air bubbles with a spatula, then wash the jar rims with a clean cloth. After that, adjust the lids and tighten the band.
4. Place the filled jars in a pressure canner set to 11 pounds for dial-gauge or 10 pounds for weighted-gauge. Adjusting for altitude, heat the jars for 25 minutes. Turn off the heat and let the pressure gradually fall. Remove the lids and place the jars in the canner for three minutes to cool. Remove the jars and

set them aside to cool. After twenty-four hours, inspect the lids and seals.

Per serving: Calories: 126.9 kcal, Fat: 9.3g, Carbs: 10.1g, Protein: 2.5g

Venison and Tomato Chili

Preparation time: 20 minutes

Cooking time: 30 minutes

Servings: 8 half pint jars

Ingredients:

- 6 lbs. chopped venison
- 6 cups canned tomatoes
- 1/2 cup chili powder
- 2 cups chopped onions
- 4 1/2 tsp. salt
- 1 tsp. cumin seeds
- 2 minced jalapeno peppers
- 2 minced garlic cloves

Directions:

1. Clean and sterilize the jars.
2. Brown the meat in stages in a pan in a pan before transferring it to a pot.
3. Cook the garlic and onions in a pan before adding them to the pot with the other ingredients.
4. Bring to a boil, then reduce to a low temperature for 20 minutes.
5. Pour the mixture into the sterilized jars, allowing an inch of headspace.
6. Remove any air bubbles and thoroughly clean the rims.
7. Secure the jars with the lids and attach the bands, making sure they're tight.

8. In a pressure canner, process the jars for 75 minutes at 10 pounds of pressure.

9. Allow it to cool before labeling the jars.

Per serving: Calories: 150.3 kcal, Fat: 2.7g, Carbs: 5.2g, Protein: 26.1g

Mexican Chicken Soup

Preparation time: 20 minutes

Cooking time: 1 hour 38 minutes

Servings: 7 pint jars

Ingredients:

- 2 (28-ounce / 794-g) canned tomatoes
- 4 pints diced tomatoes (fresh or canned)
- 6 cups water
- 6 cups chicken broth
- 2 (15-ounce / 425-g) cans black beans, rinsed and drained
- 4 cups sliced celery
- 3 cups fresh-cut corn kernels
- 3 cups sliced carrots
- 2 large red onions, chopped
- 2 tablespoons salt
- 2 teaspoons ground cumin
- 6 large cooked chicken breasts, shredded
- 1/4 cup chopped fresh cilantro

Directions:

1. To sterilize your jars, bring a big saucepan of water to a boil. Once they've reached a boil, reduce the heat to low and let them simmer until ready to use.
2. Prepare the lids and bands in a small saucepan by simmering (not boiling) them over low heat.

3. Bring your canner halfway full of water to a boil over high heat.
4. Combine all of the ingredients except the chicken and cilantro in a large stockpot. Bring it to a boil, then reduce to a simmer for 3 minutes. Cook for 5 minutes more after adding the chicken and cilantro.
5. Fill the jars halfway with hot soup, leaving 1 inch of space at the top.
6. Remove any air bubbles, clean the rims, center the lids, screw on the bands, and tighten until fingertip tight. Fill the canner halfway with jars.
7. Cover, vent, and pressurize the canner according to the manufacturer's instructions.
8. Adjust for altitude and perform for 90 minutes at 11 pounds of pressure.

Per serving: Calories: 110.9 kcal, Fat: 2.3g, Carbs: 18.3g, Protein: 5.6g

American Chicen Stock

Preparation time: 20 minutes

Cooking time: 30 minutes

Servings: 1 pint jar

Ingredients:

- chicken bones
- water, to cover

Directions:

1. Fill a pressure cooker halfway with water and add the bones.
2. Cook for around 30 minutes on high pressure until the leftover meat slips off the bones.
3. Remove the loosened meat off the bones and strain the liquid into a large basin. Refrigerate the stock for 24

hours.

4. Remove and discard the fat before reheating the stock in a saucepot.
5. Fill 1-liter US quart jars halfway with stock, leaving a 1-inch headspace.
6. Clean the jar rims with a wet and clean paper towel.
7. Use the two-piece metal caps.
8. In a pressure canner, process the quart jars for 25 minutes.

Per serving: Calories: 17 kcal, Fat: 0g, Carbs: 2g, Protein: 2g

Green Lima Vegetable Soup

Preparation time: 20 minutes

Cooking time: 55 minutes

Servings: 7 pint jars

Ingredients:

- 4 cups sliced tomatoes
- 3 cups chopped carrots
- 3 cups cubed potatoes
- salt and black pepper, to taste
- 2 cups uncooked corn kernels
- 2 cups green lima beans
- 1 cup sliced onions
- 1 cup chopped celery
- 3 cups water

Directions:

1. Combine all of the veggies in a medium saucepot. Allow the water to come to a boil.
2. Cook for 5 minutes over low heat. If desired, season with pepper and salt.
3. Fill each canning jar halfway with hot vegetable soup. Keep a one-inch headspace in mind. Remove air

bubbles with a spatula, then wash the jar rims with a clean cloth. Adjust the lids and screw bands after that.

4. Place the filled jars in a pressure canner set to 11 pounds for dial-gauge or 10 pounds for weighted-gauge. Adjusting for altitude, heat the jars for 55 minutes. Turn off the heat and let the pressure gradually fall.
5. Remove the lids and let the jars sit in the canner for ten minutes to cool. Remove the jars and set them aside to cool. After around twenty-four hours, inspect the lids and seals.

Per serving: Calories: 151.1 kcal, Fat: 4.7g, Carbs: 23.3g, Protein: 5.4g

Squash Soup with Chiles

Preparation time: 20 minutes

Cooking time: 30 minutes

Servings: 3 pint jars

Ingredients:

- 8 cups chicken or vegetable broth
- 1/2 tsp. ground red pepper
- 3 minced garlic cloves
- 2 minced Thai chiles
- 1 quartered lemongrass stalk
- 1 grated ginger
- 1 1/2 lbs. cubed butternut
- 2 tbsps. sugar
- 2 tsps. salt
- 1 tsp. lime zest
- 2 tbsps. lime juice
- 4 chopped shallots
- 1 chopped red bell pepper
- 1/2 cup coconut milk

- 2 tbsps. red onion slivers
- 1 tbsp. chopped cilantro
- lime wedges

Directions:

1. In a 6-qt (6-L) stainless steel or enameled Dutch oven, bring the broth to a boil. Stir in the ground red pepper and the next four ingredients; cover and cook for 20 minutes, stirring occasionally.
2. Lemongrass should be removed. Mix in the squash and the following 6 ingredients. Simmer for 5 more minutes, stirring occasionally.
3. Fill a heated jar halfway with hot soup, allowing a 1-inch (2.5-cm) headspace.
4. Air bubbles should be removed. Wipe the jar's rim. Place the lid on the jar. Apply the band and tighten it around the fingertip. Place the jar on a rack in a pressure canner with 2 inches (5 cm) of boiling water at 180 °F (82 °C).
5. Repeat until all of the jars are full.
6. Tighten the canner lid and set it to the locked position.
7. Turn the heat up to medium-high. Allow 10 minutes for steam to escape. Set the counterweight or weighted gauge on the vent and increase the pressure to 10 pounds per square inch (psi) for a weighted-gauge canner or 11 pounds per square inch for a dial-gauge canner.
8. 1 hour and 15 minutes for 1-pint jars, or 1 hour and 30 minutes for 1-quart jars.
9. Allow the jars to cool in the canner for 10 minutes. Cool the jars before removing them.
10. Serve with slices of lime.

Per serving: Calories: 110.9 kcal, Fat: 2.3g, Carbs: 18.3g, Protein: 5.6g

Cabbage and Corned Beef Soup

Preparation time: 20 minutes

Cooking time: 80 minutes

Servings: 8 pint jars

Ingredients:

- 1 sliced onion
- 1 1/2 cups sliced carrot
- 1 1/2 cups chopped celery
- 1 1/2 cups tomato sauce
- 1/3 tsp. ground allspice
- 5 cups beef stock
- 2 cups diced potatoes
- 1 sliced head cabbage
- 1/2 lb. corned beef
- 1/2 tsp. black pepper
- 1 tsp. canning salt
- 2 cups water

Directions:

1. Fill each cleaned canning jar halfway with equal parts of carrots, onions, celery, cabbage, corned meat, and potatoes.
2. In a medium saucepot, combine tomato sauce or juice, beef stock, allspice, pepper, salt, and water. Allow it to come to a boil before removing it from the heat source.
3. Fill each canning jar halfway with the mixture. Keep a one-inch headspace in mind. Add extra boiling water or stock to each canning jar as needed. Remove air bubbles with a spatula, then wash the jar rims with a clean cloth. Adjust the lids and screw bands after that.

4. Place the filled jars in a pressure canner set to 11 pounds for dial-gauge or 10 pounds for weighted-gauge. Process heat jars for 75 minutes, adjusting for altitude.
5. Turn off the heat and let the pressure naturally decrease. Remove the lids and chill the jars in the canner for 5 minutes. Remove the jars and set them aside to cool. After 24 hours, check the lids and seals.

Per serving: Calories: 336 kcal, Fat: 15g, Carbs: 32g, Protein: 18g

Black Bean Soup

Preparation time: 20 minutes

Cooking time: 40 minutes

Servings: 6 pint jars

Ingredients:

- 1 lb. dried black beans
- 2 diced onions
- 4 diced carrots
- 4 minced garlic cloves
- 1 diced poblano pepper
- 2 1/2 quarts chicken stock
- 2 cups diced ham
- 2 tsps. ground cumin
- 3 tsps. kosher salt
- 1 1/2 tsps. black pepper
- 1/2 tsps. cayenne pepper
- 2 tsps. mexican oregano

Directions:

1. Place the beans in a big saucepan and fill it with cold water to cover them by 3 inches. Bring it to a boil with the onion that has been chopped in half. Set the heat to low and let it simmer for 30 minutes.

2. In a separate pot, combine the chicken stock, seasonings, and veggies and boil for at least 5 minutes. Remove the beans and discard the liquid as well as the onion. Remove the veggies from the stock and set them aside.
3. Fill the sterilized jars 1/4 full with the beans, veggies, ham, and stock, leaving a 1-inch head space. Adjust the lids and clean the jar.
4. Process for 75 minutes at 10 pounds of pressure in a pressure canner.

Per serving: Calories: 206 kcal, Fat: 4.4g, Carbs: 33.8g, Protein: 10.1g

Polish Cabbage Roll Soup

Preparation time: 20 minutes

Cooking time: 60 minutes

Servings: 6 pint jars

Ingredients:

- 3 pounds (1.4 kg) ground beef
- 6 cups shredded cabbage
- 1 1/2 cups shredded carrots
- 2 medium onions, finely chopped
- 6 cloves garlic, minced
- 12 cups tomato juice
- 3 tablespoons brown sugar
- 1 1/2 cups white vinegar
- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- Salt and pepper, to taste

Directions:

1. In equal amounts, layer the meat, cabbage, carrots, onion, and garlic in your jars.

2. Combine tomato juice, sugar, vinegar, salt, pepper, and herbs in a large stockpot. Simmer for 10 minutes with this combination.
3. Fill the jars halfway with the canning liquid. Add extra water as required, allowing 1 inch of headroom.
4. process for 90 minutes in a pressure canner at 11 PSI. Make sure to account for altitude.

Per serving: Calories: 110.9 kcal, Fat: 2.3g, Carbs: 18.3g, Protein: 5.6g

Aztec-Style Chicken Soup

Preparation time: 20 minutes

Cooking time: 2 hours 40 minutes

Servings: 4 pint jars

Ingredients:

- 1 large poblano pepper
- 1 to 2 jalapeño peppers
- 6 fresh tomatillos, husks removed
- 1 1/2 cups (375 mL) chopped white onion (1 large onion)
- 1 teaspoon (5 mL) ground cumin
- 2 tablespoons (30 mL) olive oil
- 4 ears fresh corn
- 3 garlic cloves, minced
- 4 cups (1 L) chicken stock or Chicken Bone Broth
- 2/3 cup (150 mL) fresh lime juice (about 7 limes)
- 1 1/2 teaspoons (7 mL) salt
- 1 teaspoon (5 mL) ground black pepper
- 1 1/2 pounds (680 g) skinned and boned chicken thighs or breasts, cut into 1-inch (2.5-cm) chunks

Directions:

1. Preheat the oven to 425°F (220°C). Place the first three ingredients on a large rimmed baking sheet that has been coated with aluminum foil. Bake at 425°F (220°C) for 25 minutes, or until vegetables are tender and skins

begin to blister, rotating peppers every 5 minutes. Remove the veggies from the oven; place the peppers in a small bowl. For 20 minutes, wrap the bowl with plastic wrap and let it sit for 20 minutes. Place the tomatillos on a baking sheet and set aside until cool enough to handle. Tomatillos, coarsely chopped, in a medium bowl

2. After 20 minutes, peel, seed, and cut the peppers; add them to the tomatillos.
3. In a 6-quart (6-L) stainless steel or enameled Dutch oven, combine the onion and cumin in heated olive oil and cook for 12 minutes, or until the onion is mashed.
4. Scrape milk and residual pulp from corn cobs into a large mixing basin. Cook, swirling continually, for 5 minutes after adding corn and garlic to the onion in the Dutch oven. Stir in the chopped peppers, tomatillos, chicken stock, and the following three ingredients. Bring to a boil; reduce to a low heat and cook, uncovered, for 5 minutes, stirring frequently. Incorporate the chicken. Set it to a high heat and bring it to a boil for 5 minutes. Remove it from the heat.
5. Fill a heated jar halfway with hot soup, allowing a 1-inch (2.5-cm) headspace. Air bubbles should be removed. Wipe the jar's rim. Place the lid on the jar. Apply the band and tighten it to fingertip-tight. Place the jar on a rack in a pressure canner filled with 2 inches (5 cm) of simmering (180°F/90°C) water. Repeat until all of the jars are full.
6. Place the lid on the canner and turn it to the locked position. Increase the heat to medium-high. Allow 10 minutes for steam to escape. Set the counterweight or weighted gauge on the vent and raise the pressure to 10 pounds per square inch (psi) for a weighted-gauge

canner or 11 pounds per square inch for a dial-gauge canner.

7. 1 hour and 20 minutes for 1-pt. (500-mL) jars or 1-quarts. 1 hour and 30 minutes in 1-liter jars. Turn off the heat and let the canner cool to zero pressure. Let it cool before removing the lid.
8. Cool the jars in the canner for 10 minutes. Cool after removing the jars.

Per serving: Calories: 377 kcal, Fat: 6g, Carbs: 6.2g, Protein: 3g

Simple Chicken Vegetable Chowder

Preparation time: 20 minutes

Cooking time: 1 hour 38 minutes

Servings: 1 pint jar

Ingredients:

- 2 thighs or 1 breast boneless skinless chicken, cut into bite-sized pieces
- 1/2 cup corn
- 1/4 cup green peas
- 1/4 cup diced carrots
- 1/2 cup diced potatoes
- 1/8 cup diced celery
- 1/8 cup finely minced onion
- 1/8 cup diced red pepper
- 1 clove garlic, smashed
- salt and pepper, to taste
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried thyme
- 1/8 teaspoon dried dill weed
- Water, as needed

Directions:

1. Layer the ingredients in the order stated above in clean quart jars.
2. Fill each jar halfway with water, allowing an eighth-inch headspace. Use a rubber spatula to remove any air pockets.
3. process for 90 minutes at 11 PSI in a pressure canner, adjusting for altitude.

Per serving: Calories: 322 kcal, Fat: 22g, Carbs: 5.4g, Protein: 22.9g

Bean Soup with Ham

Preparation time: 20 minutes

Cooking time: 2 hours 38 minutes

Servings: 9 pint jars

Ingredients:

- Glass preserving jars with lids and bands
- 1 tablespoon of black pepper
- 2 tablespoons salt
- 14 cups of water
- Large ham bone - avoid the neck bones
- 4 cups of sliced ham
- 1 cup of diced onions
- 2 pounds (907 g) of 16 bean mix

Directions:

1. Rinse and sort your beans. Soak overnight in water, covered.
2. Prepare your pressure cooker. Place the jars in a pot of simmering water until they are ready to use, but do not boil them. Rinse the lids in warm soapy water, then in clean water, and set them aside with the bands.
3. The next day, drain and rinse the beans again. Place the beans in a large saucepan and add the other

ingredients. Bring it to a boil and simmer for 60 minutes.

4. Fill the heated jars halfway with the hot bean soup, leaving a 1-inch headspace. Remove any air bubbles. Wipe the rims clean. Place the lids on the jars, then the bands, and adjust them until they are snug.
5. Can pints in a pressure canner for 75 or 90 minutes. Make an altitude change. Don't forget to cool and remove the jars when the pressure reduces to zero in your pressure canner.
6. After 24 hours, check the lids for a seal. When squeezed at the middle, the lid should not flex up and down.
7. Once the jars are cold, label them with the recipe name and the canning date.

Per serving: Calories: 206 kcal, Fat: 4.4g, Carbs: 33.8g, Protein: 10.1g