

Selecting, Preparing, and Canning: Spaghetti Sauce without Meat¹

United States Department of Agriculture Extension Service²

Spaghetti Sauce Without Meat

30 lbs tomatoes
 1 cup chopped onions
 5 cloves garlic, minced
 1 cup chopped celery or green pepper
 1 lb fresh mushrooms, sliced (optional)
 4-1/2 tsp salt
 2 tbsp oregano
 4 tbsp minced parsley
 2 tsp black pepper
 1/4 cup brown sugar
 1/4 cup vegetable oil

Yield: About 9 pints

Procedure: Caution: Do not increase the proportion of onions, peppers, or mushrooms.

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in large saucepan. Put through food mill or sieve. Saute onions, garlic, celery or peppers, and mushrooms (if desired) in vegetable oil until tender. Combine sauteed vegetables and tomatoes and add remainder of spices, salt, and sugar. Bring to a boil. Simmer uncovered, until thick enough for serving. At this time the initial volume will have been reduced by nearly one-half. Stir frequently to avoid burning. Fill jars, leaving 1-inch headspace. Adjust lids and process according to the recommendations in Table 1 or Table 2, depending on the method of canning used.

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1. This document is FCS 8191, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: May 2003. Reviewed: June 2008. This document was extracted from the *Complete Guide to Home Canning*, Agriculture Information Bulletin No. 539, USDA. It was originally published on CD-ROM as part of HE 8149, *Guide 3: Selecting, Preparing, and Canning Tomatoes and Tomato Products*. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
 2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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Table 1.

Table 1. Recommended process time for Spaghetti Sauce Without Meat in a dial-gauge pressure canner.						
			Canner Gauge Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25	11	12	13	14

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.

Table 2.

Table 2. Recommended process time for Spaghetti Sauce Without Meat in a weighted-gauge pressure canner.				
			Canner Gauge Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	20 min	10 lb	15 lb
	Quarts	25	10	15

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.