

## Selecting, Preparing, and Canning: Spaghetti Sauce with Meat<sup>1</sup>

---

United States Department of Agriculture Extension Service<sup>2</sup>

### Spaghetti Sauce with Meat

30 lbs tomatoes

2-1/2 lbs ground beef or sausage

5 cloves garlic, minced

1 cup chopped onions

1 cup chopped celery or green peppers

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

**Yield:** About 9 pints

**Procedure:** To prepare tomatoes, follow directions for Spaghetti Sauce Without Meat. Saute beef or sausage until brown. Add garlic, onion, celery or green pepper and mushrooms, if desired. Cook until vegetables are tender. Combine with tomato pulp in large saucepan. Add spices, salt, and sugar. Bring to a boil. Simmer, uncovered, until thick enough for serving. At this time 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.

- 
1. This document is FCS 8192, 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.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Larry Arrington, Dean

**Table 1.**

<b>Table 1.</b> Recommended process time for Spaghetti Sauce With 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	60 min	11 lb	12 lb	13 lb	14 lb
	Quarts	70	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.**

<b>Table 2.</b> Recommended process time for Spaghetti Sauce With 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	60 min	10 lb	15 lb
	Quarts	70	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.