

## Preparing Beans or Peas for Canning -- Shelled, Dried: All Varieties<sup>1</sup>

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

**Quantity:** An average of 5 pounds is needed per canner load of 7 quarts; an average of 3-1/4 pounds is needed per canner load of 9 pints -- an average of 3/4 pounds per quart.

**Quality:** Select mature, dry seeds. Sort out and discard discolored seeds.

**Procedure:** Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add 1/2 teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans or peas and cooking water, leaving 1-inch headspace.

Adjust lids and process as recommended in Table 1 or Table 2 according to the method of canning used.

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**Table 1.**

<b>Table 1.</b> Recommended process time for Beans or Peas in a dial-gauge pressure canner.						
			Canner 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	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	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 Beans or Peas in a weighted-gauge pressure canner.				
			Canner pressure (PSI) at Altitudes of	
Style of pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	75 min	10 lb	15 lb
	Quarts	90	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.