

## Preparing Beans, Baked for Canning<sup>1</sup>

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

**Quantity:** An average of 5 pounds of beans 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:** Sort and wash dry beans. Add 3 cups of water for each cup of dried beans or peas. Boil 2 minutes, remove from heat and soak 1 hour and drain. Heat to boiling in fresh water, and save liquid for making sauce. Make your choice of the following sauces:

**Tomato Sauce** -- Mix 1 quart tomato juice, 3 tablespoons sugar, 2 teaspoons salt, 1 tablespoon chopped onion, and 1/4 teaspoon each of ground cloves, allspice, mace, and cayenne pepper. Heat to boiling. Add 3 quarts cooking liquid from beans and bring back to boiling.

**Molasses Sauce** -- Mix 4 cups water or cooking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and 3/4 teaspoon powdered dry mustard. Heat to boiling.

Place seven 3/4-inch pieces of pork, ham or bacon in an earthenware crock, a large casserole, or a pan. Add beans and enough molasses sauce to cover beans. Cover and bake 4 to 5 hours at 350 degrees F. Add water as needed -- about every hour. Fill jars, leaving 1-inch headspace.

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

- 
1. This document is Fact Sheet FCS 8303, 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. Revised: July 2005. Reviewed: August 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 8150, Guide 4: Selecting, Preparing, and Canning Vegetables and Vegetable 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 Beans, Dry, with Tomato or Molasses Sauce in a dial-gauge pressure canner.						
			Canner pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process	0-2,000 ft	2,001-4,000 ft	4,001-6,000	6,001-8,000 ft
Hot	Pints	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	75	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, Dry, with Tomato or Molasses Sauce 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	65 min	10 lb	15 lb
	Quarts	75	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.				