

Preparing Mixed Vegetables for Canning¹

United States Department of Agriculture, Extension Service²

Mixed Vegetables for Canning

6 cups sliced carrots

6 cups cut, whole kernel sweet corn

6 cups cut green beans

6 cups shelled lima beans

4 cups whole or crushed tomatoes

4 cups diced zucchini

Optional mix -- You may change the suggested proportions or substitute other favorite vegetables except leafy greens, dried beans, cream-style corn, winter squash and sweet potatoes.

Yield: 7 quarts

Procedure: Except for zucchini, wash and prepare vegetables as described for carrots, corn, lima beans, snap beans, italian beans or tomatoes. Wash, trim, and slice or cube zucchini; combine all vegetables in a large pot or kettle, and add enough water to cover pieces. Add 1 teaspoon salt per quart

to the jar, if desired. Boil 5 minutes and fill jars with hot pieces and liquid, leaving 1-inch headspace.

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

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Table 1.

Table 1. Recommended process time for Mixed Vegetables 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.

Table 2. Recommended process time for Mixed Vegetable 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.