

Preparing and Canning: Ground or Chopped Meat¹

United States Department of Agriculture, Extension Service²

Bear, Beef, Lamb, Pork, Sausage, Veal, Venison

Procedure: Choose fresh, chilled meat. With venison, add one part high-quality pork fat to three or four parts venison before grinding. Use freshly made sausage, seasoned with salt and cayenne pepper (sage may cause a bitter off-flavor). Shape chopped meat into patties or balls or cut cased

sausage into 3- to 4-inch links. Cook until lightly browned. Ground meat may be sauteed without shaping. Remove excess fat. Fill jars with pieces. Add boiling meat broth, tomato juice, or water, leaving 1-inch headspace. Add 2 teaspoons of salt per quart to the jars, if desired.

Adjust lids and process following the recommendations in [Table 1](#) and [Table 2](#) according to the canning method used.

Table 1. Recommended process time for ground or chopped meat in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			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. Recommended process time for ground or chopped meat in a weighted-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			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.

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