

Preparing and Canning: Chile Con Carne¹

United States Department of Agriculture, Extension Service²

Chile Con Carne

3 cups dried pinto or red kidney beans
5-1/2 cups water
5 tsp salt (separated)
3 lbs ground beef
1-1/2 cups chopped onion
1 cup chopped peppers of your choice (optional)
1 tsp black pepper
3 to 6 tbsp chili powder
2 qts crushed or whole tomatoes

Yield: 9 pints

Procedure: Wash beans thoroughly and place them in a 2 qt saucepan. Add cold water to a level of 2 to 3 inches above the beans and soak 12 to 18 hours. Drain and discard water. Combine beans with 5-1/2 cups of fresh water, and 2 teaspoons salt. Bring to a boil. Reduce heat simmer 30 minutes. Drain and discard water. Brown ground beef, chopped onions, and peppers, if desired, in a skillet. Drain off fat and add 3 teaspoons salt, pepper, chili powder, tomatoes, and drained cooked beans. Simmer 5 minutes. **Caution: Do not thicken.** Fill jars, leaving 1-inch headspace. Adjust lids and process according to the recommendations in [Table 1](#) or [Table 2](#).

Table 1. Recommended process time for chile con carne 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

*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 chile con carne in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitude of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	75 min	10 lb	15 lb

*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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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.