

# Pickled or Non-Fermented Foods: Pickled Bell Peppers<sup>1</sup>

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

## Pickled Bell Peppers

7 lbs firm bell peppers  
3-1/2 cups sugar  
3 cups vinegar (5 percent)  
3 cups water  
9 cloves garlic  
4-1/2 tsp canning or pickling salt

**Yield:** About 9 pints

**Procedure:** Wash peppers, cut into quarters, remove cores and seeds, and cut away any blemishes. Slice peppers in

strips. Boil sugar, vinegar, and water for 1 minute. Add peppers and bring to a boil. Place 1/2 clove of garlic and 1/4 teaspoon salt in each sterile half-pint jar; double the amounts for pint jars. Add pepper strips and cover with hot vinegar mixture, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations in [Table 1](#).

**Table 1. Recommended process time for pickled bell peppers in a boiling-water canner.**

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 min	10	15

\*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.

1. This document is Fact Sheet FCS 8235, 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: May 2011. This document was extracted from the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA. Please visit the EDIS website at <http://edis.ifas.ufl.edu>.
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