

of Canning



Prepared and Presented By:
Sandra Watts
Reference: Ball Blue Book of preserving

Reap the Benefits of Canning and Preserving Food

Canning and preserving are ways to protect food from spoilage so that you can use the food at a later time. There's no doubt that being able to offer fresh-tasting, home-canned, or -preserved foods to your family and friends throughout the year is definitely one of life's luxuries.

Whatever preservation method you choose, your efforts will benefit you in many ways:

- A pantry full of fresh, homegrown foods: Having a stocked pantry offers a cushion against the fluctuating cost of healthy foods.
- Convenience: You can build a pantry of convenience foods that fit into your busy lifestyle and that your family will enjoy.
- Protection against rising food costs: The whole idea of canning and preserving is to take advantage of fresh food when it's abundant. And abundant food generally means lower cost.
- A sense of relaxation and accomplishment.
- Confidence in the ingredients that go into your food: If you love fresh ingredients and like to know what goes into your food, doing your own canning and preserving is the answer.
- A good time: Producing canned and preserved food in your kitchen is fun and easy — and who doesn't like fun?

You'll have no doubts about preparing safe home-canned and preserved food after you discover what each method does, which method is best for different foods, the rules for the technique you choose, and safe food-handling techniques.

Canning food is the most popular preserving method used today and is the process of applying heat to food that's sealed in a jar in order to destroy any microorganisms that can cause food spoilage. All foods contain these microorganisms. Proper canning techniques stop this spoilage by heating the food for a specific period of time and killing these unwanted microorganisms. Also, during the canning process, air is driven from the jar, and a vacuum is formed as the jar cools and seals. This vacuum prevents microorganisms from entering and recontaminating the food.

Although you may hear of many canning methods, only two are approved by the United States Department of Agriculture (USDA):

- Water-bath canning: This method uses a large kettle of boiling water. Filled jars are submerged in the water and heated to an internal temperature of 212 degrees for a specific period of time. Use this method for processing high-acid foods, such as tomatoes, fruit and items made from it, pickles, and pickled food.
- Pressure canning: Pressure canning uses a large kettle that produces steam in a locked compartment. The filled jars in the kettle reach an internal temperature of 240 degrees under a specific pressure (stated in pounds) that's measured with a dial gauge or weighted gauge on the pressure-canner cover. Use a pressure canner for processing vegetables and other low-acid foods, such as meat, poultry, and fish.

Follow Canning and Preserving Rules

When you can and preserve foods, it's important to follow all the steps for each method. You compromise the quality and safety of your food if you make your own rules.

Here are some general rules for handling, preparing, and processing your food:

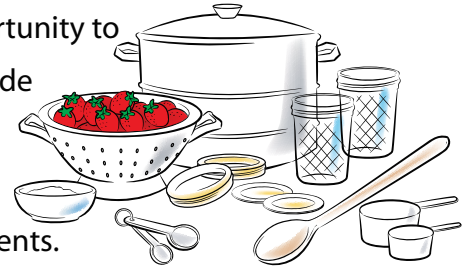
- Start with the freshest, best products available. Preserving doesn't improve food quality.
- Know the rules and techniques for your canning or preserving method before you start your work.
- Work in short sessions to prevent fatigue and potential mistakes.
- Stay up-to-date on new or revised guidelines for your preserving method. t about anything.
- When canning, use the correct processing method and processing time to destroy microorganisms.
- Know the elevation you're working at.
- Put together a plan before you start your preserving session. Read your recipe (more than once).
 - Have the proper equipment and correct ingredients on hand to prevent last-minute shortages and inconvenient breaks.
- Test your equipment. And always check the seals on your jars.
- Use recipes from reliable sources or ones that you've already made successfully. Follow your recipe to the letter. Don't substitute ingredients, adjust quantities, or make up your own food combinations.



Step-by-Step Fresh Preserving of High-Acid Foods

Introduction

Because they are relatively easy to preserve, foods containing high amounts of acid are a popular choice for fresh preservers. These foods provide you with the opportunity to prepare and enjoy a wide array of creative recipes, from excellent side dishes to delectable desserts. High-acid foods include fruits, fruit juices, jams, jellies and other fruit spreads, salsas, tomatoes with added acid, pickles, relishes, chutneys, sauces, vinegars and condiments.



You Will Need

- Tested preserving recipe such as one found in the Ball Blue Book® Guide to Preserving, Ball® Complete Book of Home Preserving or www.freshpreserving.com
- Boiling water canner or a large, deep saucepot with a lid, and a rack (when preserving high-acid foods such as soft spreads like jams and jellies, fruit juice, fruits, pickles and salsas)
- Glass preserving jars with lids and bands (always start with new lids)
- Common kitchen utensils, such as a wooden spoon, ladle and funnel
- Fresh produce and other quality ingredients

Preserving is easy with these helpful Ball® FreshPreserving™ utensils!

- Jar Lifter
- Magnetic Lid Lifter
- Bubble Remover & Headspace Measuring Tool

Step 1

READ through recipe and instructions. Assemble equipment and ingredients.

Follow guidelines for recipe preparation, jar size, preserving method and processing time.

Step 2

CHECK jars, lids and bands for proper functioning. *Jars with nicks, cracks, uneven rims or sharp edges may prevent sealing or cause jar breakage. The underside of lids should not have scratches or uneven or incomplete sealing compound as this may prevent sealing. Bands should fit on jars.* Wash jars, lids and bands in hot, soapy water. Rinse well. Dry bands.

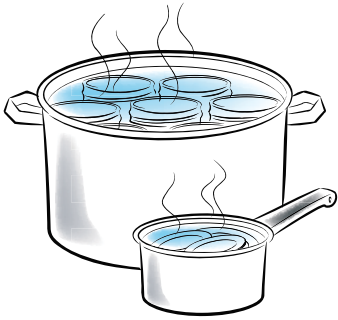




Step-by-Step Fresh Preserving of High-Acid Foods

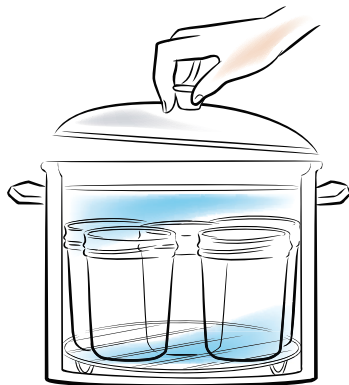
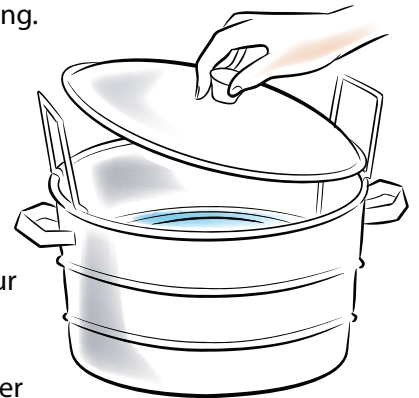
Step 3

HEAT jars and lids in hot water, not boiling, until ready for use. *Fill a large saucepan or stockpot half-way with water. Place jars in water (filling jars with water from the saucepan will prevent flotation). Bring to a simmer over medium heat. Keep jars hot until ready for use. You may also use a dishwasher to wash and heat jars. Place lids in a small saucepan. Cover lids with water and bring to a simmer over medium heat. Keep lids hot until ready to use. Do not boil lids. Keeping jars hot prevents them from breaking when hot food is added. To prevent seal failure, do not boil lids. Leave bands at room temperature for easy handling.*



Step 4

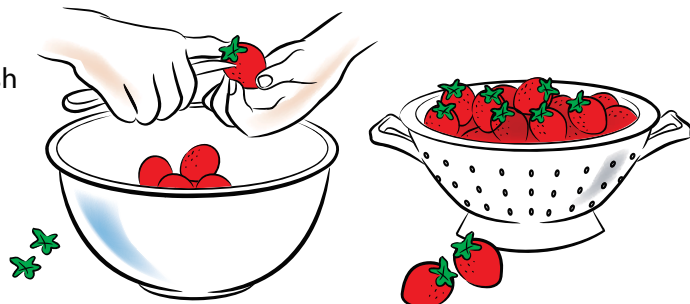
PREPARE boiling water canner by filling half-full with water and keep water at a simmer while covered with lid until jars are filled and placed in canner. Be sure your rack is resting on the rim of the canner or on the bottom, depending on the type of rack you are using. You don't necessarily need to purchase a boiling water canner



if you don't already have one at home. Most kitchens have pots that can double as boiling water canners. *A boiling water canner is simply a large, deep saucepot equipped with a lid and a rack. The pot must be large enough to fully surround and immerse the jars in water by 1 to 2 inches and allow for the water to boil rapidly with the lid on. If you don't have a rack designed for home preserving, use a cake cooling rack or extra bands tied together to cover the bottom of the pot.*

Step 5

PREPARE tested preserving recipe using fresh produce and other quality ingredients.

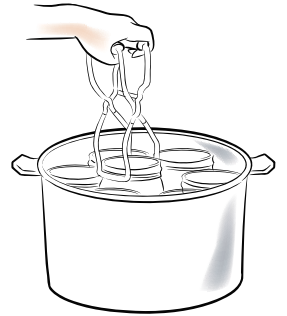




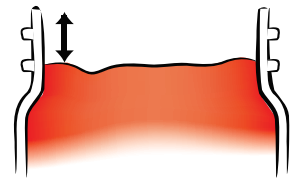
Step-by-Step Fresh Preserving of High-Acid Foods

Step 6

REMOVE hot jar from hot water, using a [Jar Lifter](#), emptying water inside jar. Fill jar one at a time with prepared food using a [Jar Funnel](#) leaving headspace recommended in recipe (1/4 inch for soft spreads such as jams and jellies and fruit juices; 1/2 inch for fruits, pickles, salsa, sauces, and tomatoes).



Remove air bubbles, if stated in recipe, by sliding the [Bubble Remover & Headspace Tool](#) or rubber spatula between the jar and food to release trapped air and ensure proper headspace during processing. Repeat around jar 2 to 3 times.



Step 7

CLEAN rim and threads of jar using a clean, damp cloth to remove any food residue. Remove lid from hot water using a [Magnetic Lid Lifter](#).



Center hot lid on jar allowing sealing compound to come in contact with the jar rim. Apply band and adjust until fit is fingertip tight.



Place filled jars in canner until recipe is used or canner is full. Lower rack with jars into water. Make sure water covers jars by 1 to 2 inches.

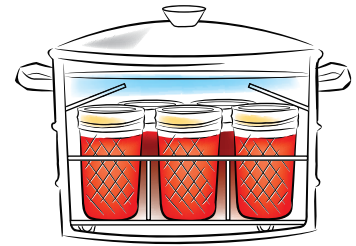




Step-by-Step Fresh Preserving of High-Acid Foods

Step 8

PLACE lid on canner. Bring water to a full rolling boil. Begin processing time.



Step 9

PROCESS jars in the boiling water for the processing time indicated in tested preserving recipe, adjusting for altitude ([see altitude chart](#)). When processing time is complete, turn off the heat and remove the canner lid. Allow jars to stand in canner for 5 minutes to get acclimated to the outside temperature.

Step 10

REMOVE jars from canner and set upright on a towel to prevent jar breakage that can occur from temperature differences. Leave jars undisturbed for 12 to 24 hours. Bands should not be retightened as this may interfere with the sealing process.

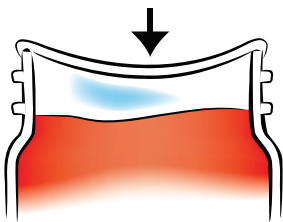


Step 11

CHECK lids for seals. Lids should not flex up and down when center is pressed.

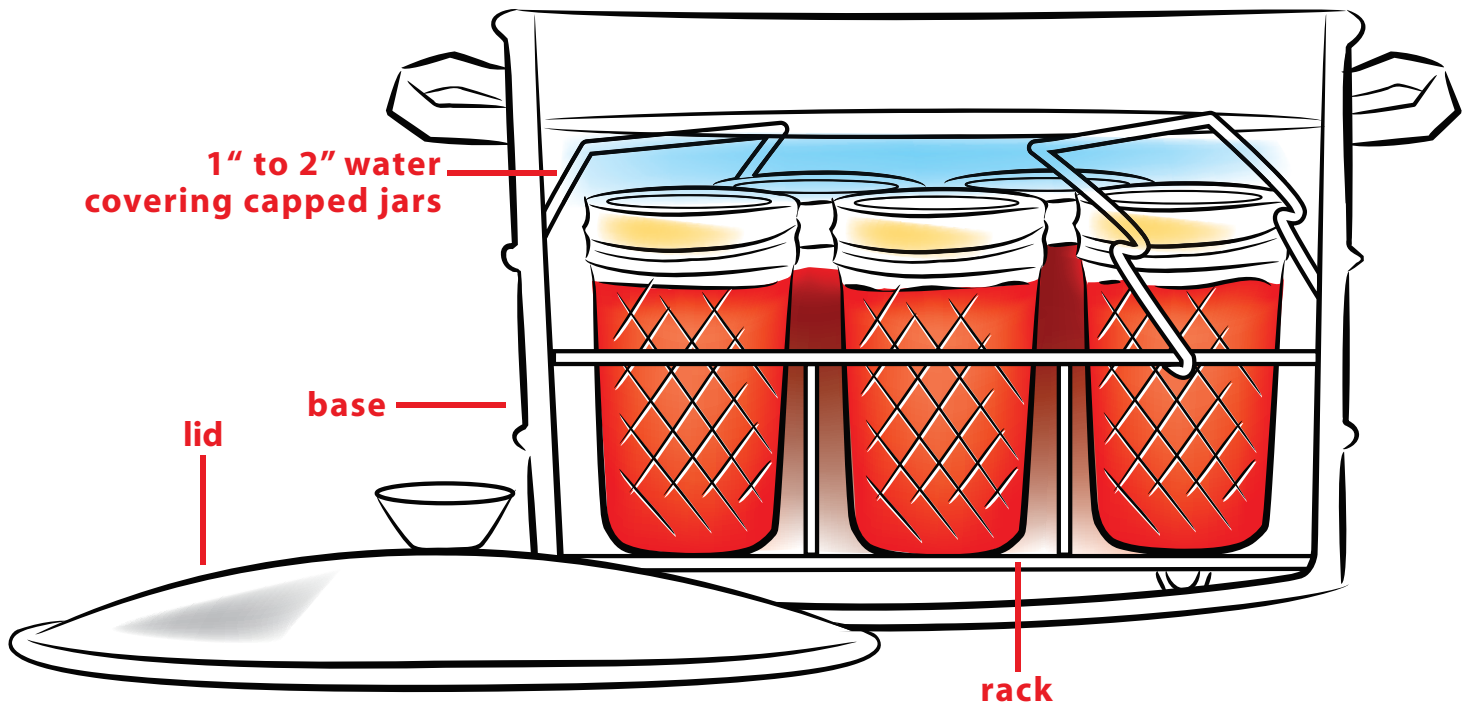
Remove bands. Try to lift lids off with your fingertips. If the lid cannot be lifted

off, the lid has a good seal. If a lid does not seal within 24 hours, the product can be immediately [reprocessed](#) or refrigerated. Clean jars and lids. Label and store in a cool, dry, dark place up to 1 year.





Step-by-Step Fresh Preserving of High-Acid Foods



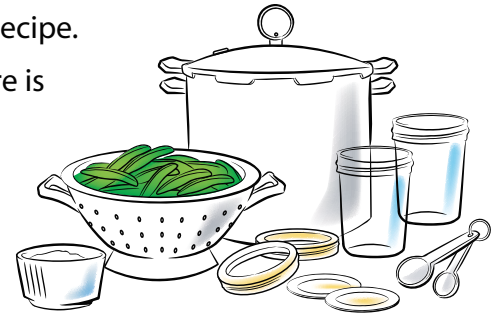


Step-by-Step Fresh Preserving of Low-Acid Foods

Introduction

Vegetables, meats, poultry and seafood are such a natural part of family meal planning that preserving these low-acid foods ensures an economical and well-balanced diet throughout the year. Low-acid foods are easy to preserve, yet require special handling to eliminate the risk of spoilage caused by the bacteria Clostridium botulium and its toxin-producing spores. In order to prevent this type of spoilage, low-acid foods **MUST** be heat processed at a temperature of 240°F for the established processing time in a tested fresh preserving recipe.

The only way for a fresh preserver to achieve a 240°F temperature is in a pressure canner. (Boiling water canners heat to only 212°F which is the temperature of boiling water.) Because Clostridium botulinum spores do not grow in the presence of acid, high-acid foods can be safely processed in a boiling-water canner.



Low-acid foods include vegetables, soups, stews, stocks, meats, poultry and seafood. Recipes that combine high-acid foods, such as tomatoes, with low-acid foods, such as vegetables or meats, are considered low-acid foods.

You Will Need

- Tested preserving recipe such as one found in the Ball Blue Book® Guide to Preserving, Ball® Complete Book of Home Preserving or www.freshpreserving.com
- Pressure canner (when preserving low-acid foods such as vegetables, meats, poultry and (food))
- Glass preserving jars, lids and bands (always start with new lids)
- Common kitchen utensils, such as wooden spoon, ladle and funnel
- Fresh vegetables, meat, poultry or seafood and other quality ingredients

Preserving is easy with these helpful Ball® FreshPreserving™ utensils!

- Jar Lifter
- Magnetic Lid Lifter
- Bubble Remover & Headspace Measuring Tool



Step-by-Step Fresh Preserving of Low-Acid Foods

Step 1

READ through recipe and instructions. Assemble equipment and ingredients. Follow guidelines for recipe preparation, jar size, preserving method and processing time.

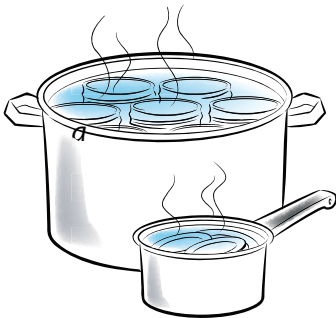
Step 2

CHECK jars, lids and bands for proper functioning. *Jars with nicks, cracks, uneven rims or sharp edges may prevent sealing or cause jar breakage. The underside of lids should not have scratches or uneven or incomplete sealing compound as this may prevent sealing. Bands should fit on jars.* Wash jars, lids and bands in hot, soapy water. Rinse well. Dry bands..



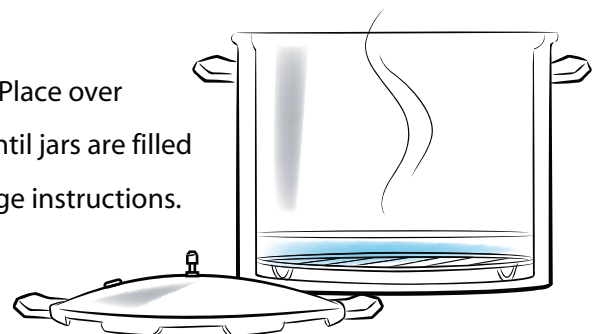
Step 3

HEAT jars and lids in hot water, not boiling, until ready for use. *Fill a large saucepan or stockpot half-way with water. Place jars in water (filling jars with water from the saucepan will prevent flotation). Bring to a simmer over medium heat. Keep jars hot until ready for use. You may also use a dishwasher to wash and heat jars. Place lids in a small saucepan. Cover lids with water and bring to simmer over medium heat. Keep lids hot until ready to use. Do not boil lids. Keeping jars hot prevents them from breaking when hot food is added. To prevent seal failure, do not boil lids. Leave bands at room temperature for easy handling.*



Step 4

PREPARE pressure canner. Fill canner with 2 to 3 inches of water. Place over medium-high heat. Bring to a simmer. Keep water at a simmer until jars are filled and placed in canner. Follow manufacturer's instructions for usage instructions.





Step-by-Step Fresh Preserving of Low-Acid Foods

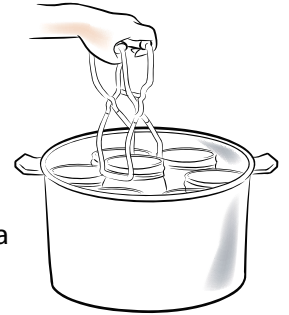
Step 5

PREPARE tested preserving recipe using fresh vegetables, meat, poultry or seafood and other quality ingredients.

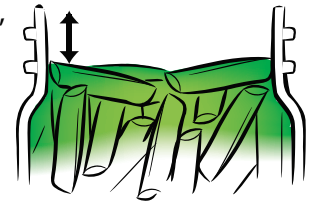


Step 6

REMOVE hot jar from hot water, using a [Jar Lifter](#), emptying water inside jar. Fill jar one at a time with prepared food using a [Jar Funnel](#) leaving headspace recommended in recipe (1/4 inch for soft spreads such as jams and jellies and fruit juices; 1/2 inch for fruits, pickles, salsa, sauces, and tomatoes).



Remove air bubbles, if stated in recipe, by sliding the [Bubble Remover & Headspace Tool](#) or rubber spatula between the jar and food to release trapped air and ensure proper headspace during processing. Repeat around jar 2 to 3 times.



Step 7

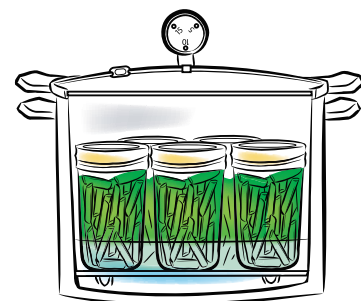
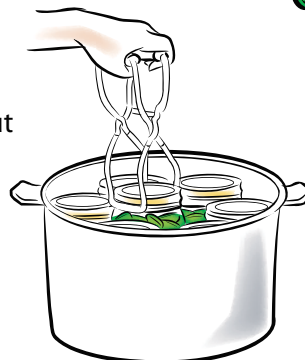
CLEAN rim and threads of jar using a clean, damp cloth to remove any food residue. Remove lid from hot water using a [Magnetic Lid Lifter](#)



Center hot lid on jar allowing sealing compound to come in contact with the jar rim. Apply band and adjust until fit is fingertip tight.



Place filled jars in canner until recipe is used or canner is full. Check that water level is about 2 to 3 inches high or that recommended in manufacturer's manual.

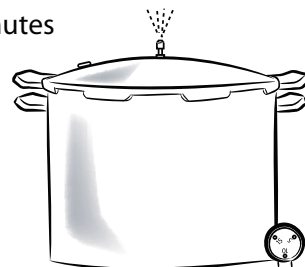




Step-by-Step Fresh Preserving of Low-Acid Foods

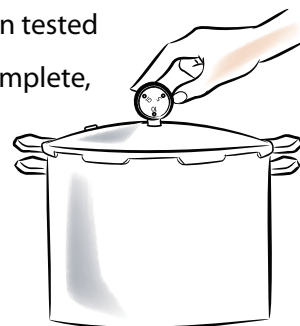
Step 8

LOCK canner lid in place, leaving vent pipe open. Adjust heat to medium-high. Allow steam to escape through vent pipe. Once there is a steady stream of steam escaping, vent for 10 minutes to ensure there is no air (only steam) left in canner. Close vent using weight or method described for your canner. Gradually adjust heat to achieve and maintain recommended pounds of pressure.



Step 9

PROCESS jars at the recommended pounds pressure for the processing time indicated in tested preserving recipe, adjusting for altitude ([see altitude chart](#)). When processing time is complete, cool canner by removing from heat. Do not remove the weighted gauge. Let canner stand undisturbed until pressure returns to zero naturally. Follow manufacturer's instructions. Wait 2 minutes. Remove weight and unlock lid, tilting away from yourself.



Step 10

REMOVE jars from canner and set upright on a towel to prevent jar breakage that can occur from temperature differences. Leave jars undisturbed for 12 to 24 hours. Bands should not be retightened as this may interfere with the sealing process.

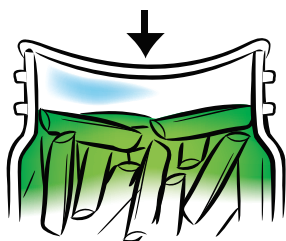


Step 11

CHECK lids for seals. Lids should not flex up and down when center is pressed.

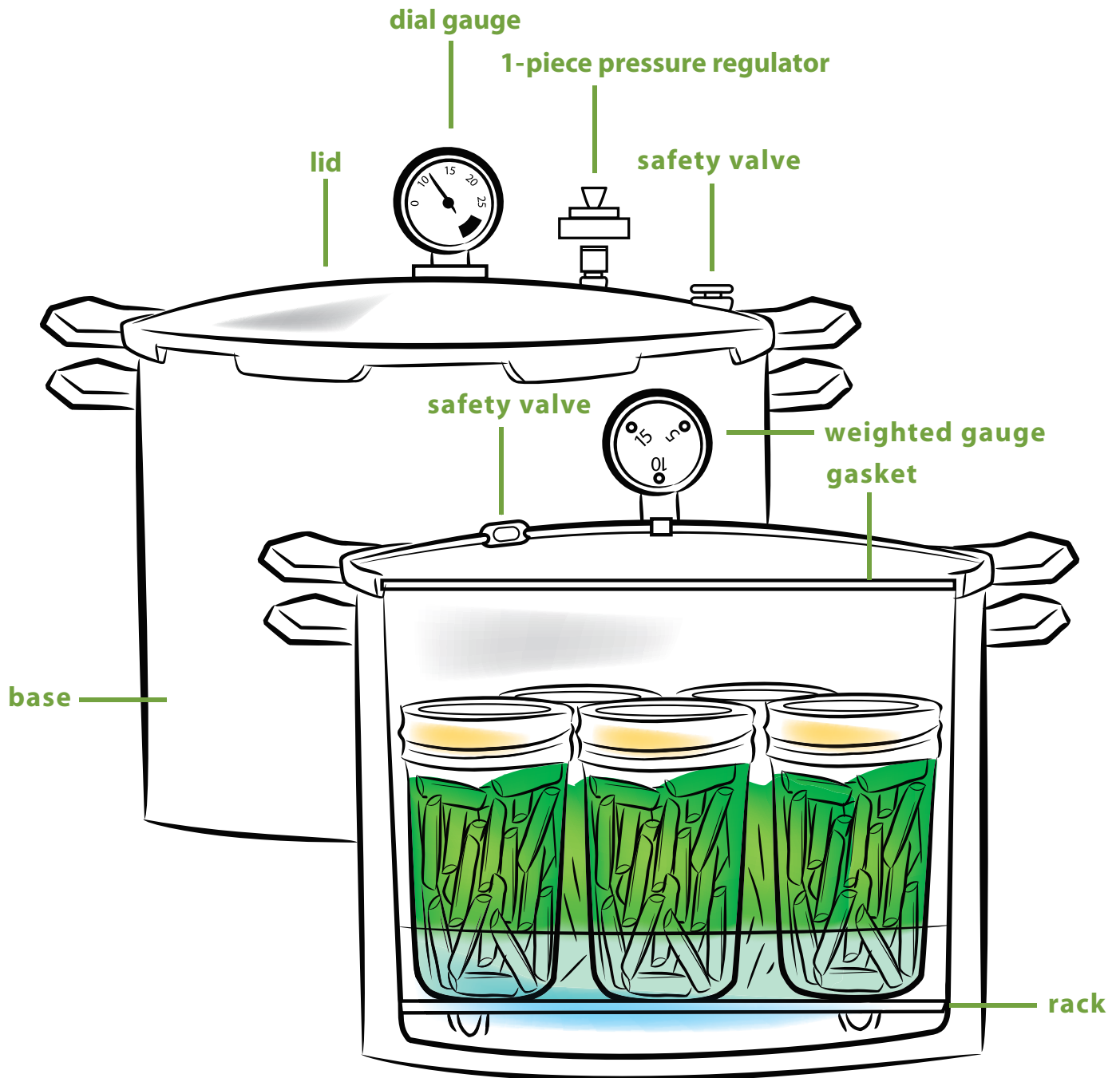
Remove bands. Try to lift lids off with your fingertips. If the lid cannot be lifted

off, the lid has a good seal. If a lid does not seal within 24 hours, the product can be immediately [reprocessed](#) or refrigerated. Clean jars and lids. Label and store in a cool, dry, dark place up to 1 year.





Step-by-Step Fresh Preserving of Low-Acid Foods



canning tomatoes step-by-step



1. Read recipe instructions; assemble equipment and ingredients before starting. Follow guidelines for recipe preparation, jar size, canning method and processing time. Do not make changes in recommended guidelines.

2. Visually examine canning jars for nicks, cracks, uneven rims or sharp edges that may prevent sealing or cause breakage. Examine canning lids to ensure they are free of dents and sealing compound is even and complete. Check bands for proper fit.



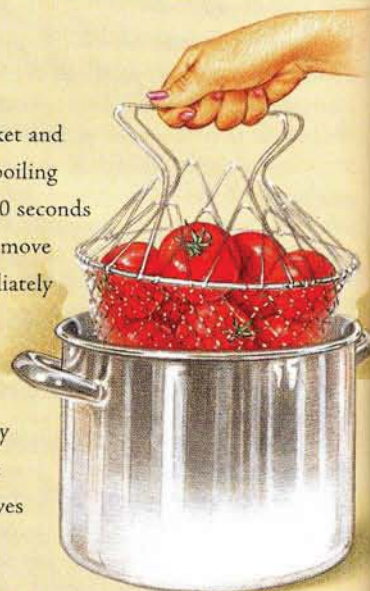
3. Wash jars and two-piece caps in hot, soapy water. Rinse well. Dry bands; set aside. Heat jars and lids in a saucepot of simmering water (180°F). **DO NOT BOIL LIDS.** Allow jars and lids to remain in hot water until ready for use, removing one at a time as needed.

4. Fill boiling-water canner half-full with hot water. Elevate rack in canner. Put canner lid in place. Heat water just to a simmer (180°F). Keep water hot until used for processing.



5. Select fresh tomatoes at their peak of quality and flavor. Use firm tomatoes free of cracks, spots and growths. Prepare only enough for one canner load. Wash tomatoes; drain.

6. Place tomatoes in wire basket and lower into a large saucepot of boiling water. Blanch tomatoes 30 to 60 seconds or until skins start to crack. Remove from boiling water. Dip immediately into cold water.



7. Slip off skins; trim away any green areas; cut out core. Leave tomatoes whole or cut into halves or quarters.



8. For tomatoes packed in water, place tomatoes in a large saucepot, adding just enough water to cover. Boil gently 5 minutes. Or follow recipe directions on page 22 for Tomatoes-Packed In Own Juice.

9. Remove canning jar from hot water with a jar lifter; set jar on towel. Add 1 tablespoon bottled lemon juice to each pint jar, 2 tablespoons bottled lemon juice to each quart jar.

high-acid foods



10. Carefully pack tomatoes into hot jar, leaving $\frac{1}{2}$ -inch headspace. Ladle boiling water or cooking liquid over tomatoes, leaving $\frac{1}{2}$ -inch headspace. Add $\frac{1}{2}$ teaspoon salt per pint jar or 1 teaspoon salt per quart jar, if desired.

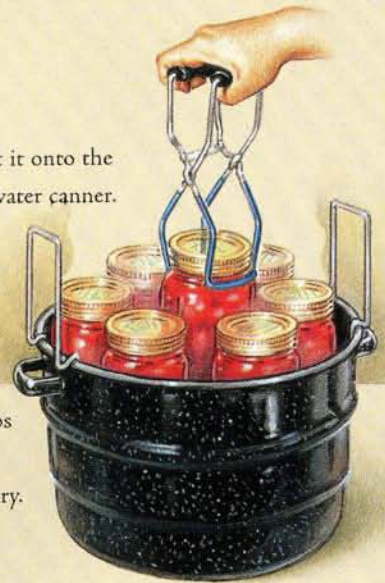
11. Slide a nonmetallic spatula between tomatoes and jar; press back gently on tomatoes to release trapped air bubbles. Repeat procedure 2 to 3 times around inside of jar.



12. Wipe rim and threads of jar with a clean, damp cloth. Remove lid from hot water using a lid wand. Place lid on jar, centering sealing compound on rim. Screw band down evenly and firmly, just until resistance is met—fingertip tight.



13. As each jar is filled, set it onto the elevated rack in the boiling-water canner. Water in canner should be kept at a simmer (180°F). After all jars are filled and placed onto the rack, lower rack into canner. Water level must cover the two-piece caps on the jars by 1 to 2 inches. Add boiling water, if necessary.

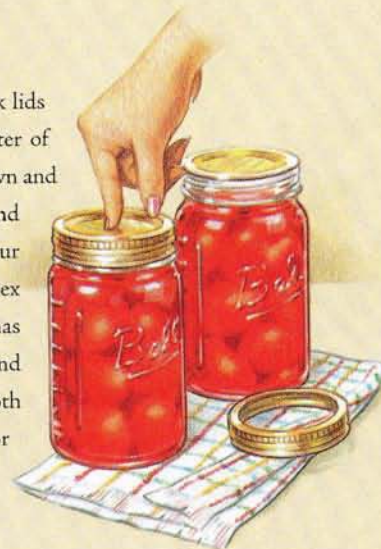


14. Put lid on canner. Bring water to a boil. Start counting processing time after water comes to a rolling boil. Process pints 40 minutes, quarts 45 minutes, at a gentle but steady boil for altitudes at or below 1,000 feet above sea level. For higher altitude areas, refer to Altitude Chart (see page 5).



15. When processing time is complete, turn off heat and remove canner lid. Let canner cool 5 minutes before removing jars. Remove jars from canner and set them upright, 1 to 2 inches apart, on a dry towel to cool. Do not retighten bands. Let jars cool 12 to 24 hours.

16. After jars have cooled, check lids for a seal by pressing on the center of each lid. If the center is pulled down and does not flex, remove the band and gently try to lift the lid off with your fingertips. If the lid does not flex and you cannot lift it off, the lid has a good vacuum seal. Wipe lid and jar surface with a clean, damp cloth to remove food particles or residue. Label. Store jars in a cool, dry, dark place (see page 12).



Tomatoes – Whole, Halved or Quartered (Packed in Water)

Tags: [tomatoes](#), [medium](#), [waterbath canning](#)



Preserve the bounty of your tomato vines through waterbath canning. Follow these directions for whole, halved or quartered tomatoes packed in water.

[View Half Recipe](#)

You will need:

2-1/2 to 3-1/2 lb ripe tomatoes (about 8 to 11 medium) per quart

Water

Ball® Citric Acid or bottled lemon juice

Salt, optional

Glass preserving jars with lids and bands

Directions:

- 1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 2.) WASH tomatoes. Dip in boiling water 30 to 60 seconds. Immediately dip in cold water. Slip off skins. Trim away any green areas and cut out core. Leave tomatoes whole or cut into halves or quarters.
- 3.) PREPARE tomatoes according to raw or hot pack recipe.
- 4.) ADD ½ tsp Ball® Citric Acid or 2 Tbsp bottled lemon juice to each hot quart jar. Add ¼ tsp Ball® Citric Acid or 1 Tbsp bottled lemon juice to each hot pint jar.
- 5.) PACK tomatoes into hot jars according to raw or hot pack recipe. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon to each pint jar, if desired. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
- 6.) PROCESS filled jars in a boiling water canner 40 minutes for pints and 45 minutes for quarts, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Raw Pack –

- 1.) PACK tomatoes into hot jars leaving 1/2 inch headspace.
- 2.) LADLE hot water over tomatoes leaving 1/2 inch headspace. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon to each pint jar, if desired.

Hot Pack –

- 1.) PLACE tomatoes in a large saucepot. Add water to cover. Bring to a boil and boil gently 5 minutes, stirring to prevent sticking.
- 2.) PACK hot tomatoes into hot jars leaving 1/2 inch headspace.
- 3.) LADLE hot cooking liquid over tomatoes leaving 1/2 inch headspace. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon to each pint jar, if desired.

Half Recipe

You will need:

- 2-1/2 to 3-1/2 lb ripe tomatoes (about 8 to 11 medium) per quart
- Water
- Ball® Citric Acid or bottled lemon juice
- Salt, optional
- Glass preserving jars with lids and bands

Directions:

- 1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 2.) WASH tomatoes. Dip in boiling water 30 to 60 seconds. Immediately dip in cold water. Slip off skins. Trim away any green areas and cut out core. Leave tomatoes whole or cut into halves or quarters.
- 3.) PREPARE tomatoes according to raw or hot pack recipe.
- 4.) ADD ½ tsp Ball® Citric Acid or 2 Tbsp bottled lemon juice to each hot quart jar. Add ¼ tsp Ball® Citric Acid or 1 Tbsp bottled lemon juice to each hot pint jar.
- 5.) PACK tomatoes into hot jars according to raw or hot pack recipe. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon to each pint jar, if desired. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
- 6.) PROCESS filled jars in a boiling water canner 40 minutes for pints and 45 minutes for quarts, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Raw Pack

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Hot Pack

- 1.) PLACE tomatoes in a large saucepot. Add water to cover. Bring to a boil and boil gently 5 minutes, stirring to prevent sticking.
- 2.) PACK hot tomatoes into hot jars leaving 1/2 inch headspace.

3.) LADLE hot cooking liquid over tomatoes leaving 1/2 inch headspace. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon to each pint jar, if desired.

Basil-Garlic Tomato Sauce

Tags: [tomatoes](#), [onions](#), [medium](#), [waterbath canning](#)



Makes about 7 (16 oz) pints

The name says it all. Combine tomatoes, basil and garlic for a sauce you can serve any time.

[View Half Recipe](#)

You will need:

20 lb tomatoes (about 60 medium)
1 cup chopped onion (about 1 large)
8 cloves garlic, minced
1 Tbsp olive oil
1/4 cup finely minced, fresh basil
1/4 tsp Ball® Citric Acid or 1 Tbsp bottled lemon juice
7 (16 oz) pint glass preserving jars with lids and bands

Directions:

- 1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 2.) WASH tomatoes; drain. Remove core and blossom ends. Cut into quarters. Set aside.
- 3.) SAUTE onion and garlic in olive oil until transparent. Add tomatoes. Bring to a boil. Reduce heat and simmer 20 minutes, stirring occasionally.
- 4.) PUREE tomato mixture in a food processor or blender, working in batches. Strain puree to remove seeds and peel.
- 5.) COMBINE tomato puree and basil in large saucepot. Bring to a boil. Reduce heat and simmer until volume is reduced by half, stirring to prevent sticking.
- 6.) ADD 1/4 tsp Ball® Citric Acid or 1 Tbsp bottled lemon juice to each hot jar. Ladle hot sauce into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
- 7.) PROCESS filled jars in a boiling water canner for 35 minutes, adjusting for altitude. Remove jars and cool. Check for seal after 24 hours. Lids should not flex up and down when center is pressed.

Half Recipe

Makes about 3 (16 oz) pints

You will need:

10 lb tomatoes (about 30 medium)
1/2 cup chopped onion (about 1/2 large)
4 cloves garlic, minced
1-1/2 tsp olive oil
2 Tbsp finely minced fresh basil
¼ tsp Ball® Citric Acid or 1 Tbsp bottled lemon juice per hot jar
3 (16 oz) pint glass preserving jars with lids and bands

Directions:

- 1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 2.) WASH tomatoes; drain. Remove core and blossom ends. Cut into quarters. Set aside.
- 3.) SAUTE onion and garlic in olive oil until transparent. Add tomatoes. Bring to a boil. Reduce heat and simmer 20 minutes, stirring occasionally.
- 4.) PUREE tomato mixture in a food processor or blender, working in batches. Strain puree to remove seeds and peel.
- 5.) COMBINE tomato puree and basil in large saucepot. Bring to a boil. Reduce heat and simmer until volume is reduced by half, stirring to prevent sticking.
- 6.) ADD ¼ tsp Ball® Citric Acid or 1 Tbsp bottled lemon juice to each hot jar. Ladle hot sauce into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
- 7.) PROCESS filled jars in a boiling water canner for 35 minutes, adjusting for altitude. Remove jars and cool. Check for seal after 24 hours. Lids should not flex up and down when center is pressed.

Traditional Salsa

Tags: [tomatoes](#), [onions](#), [jalapeno peppers](#), [peppers](#), [salsa](#), [medium](#), [waterbath canning](#)



Makes about 4 (16 oz) pints or 8 (8 oz) half pints

Tomatoes, peppers, onions, cilantro. When you taste this salsa, you'll want to have making it be your tradition.

[View Half Recipe](#)

You will need:

7 cups diced seeded peeled cored tomatoes (about 5 lb or 15 medium)
6 green onions, sliced
2 jalapeno peppers, diced
4 cloves garlic, minced
1/2 cup vinegar
2 Tbsp lime juice
4 drops hot pepper sauce
2 Tbsp minced cilantro
2 tsp salt
4 (16 oz) pint or 8 (8 oz) half pint glass preserving jars with lids and bands

Directions:

- 1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 2.) COMBINE all ingredients in a large saucepan.
- 3.) HEAT to a boil. Reduce heat and simmer 15 minutes.
- 4.) LADLE hot salsa in to hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
- 5.) PROCESS filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

QUICK TIP

When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Half Recipe

Makes about 2 (16 oz) pints or 4 (8 oz) half pints

You will need:

3-1/2 cups diced seeded peeled cored tomatoes (about 2-1/2 lb or 8 medium)
3 green onions, sliced
1 jalapeno pepper, diced
2 cloves garlic, minced
1/4 cup vinegar
1 Tbsp lime juice
2 drops hot pepper sauce
1 Tbsp minced cilantro
1 tsp salt
2 (16 oz) pint or 4 (8 oz) half pint glass preserving jars with lids and bands

Directions:

- 1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 2.) COMBINE all ingredients in a large saucepan.
- 3.) HEAT to a boil. Reduce heat and simmer 15 minutes.
- 4.) LADLE hot salsa in to hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
- 5.) PROCESS filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

QUICK TIP

When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.