

## Canning Steps: Boiling Water

1. Use reputable, research-based recipe
2. Prep work area, food & jars  
*Sterilize jars if <10 minutes processing time*
3. Heat canner water (*not boiling*)  
*Hot pack: 180°F, Raw pack: 140°F*
4. Jars in canner  
*1" water over top of jars*  
*2" if processing time > 30 minutes*
5. Lid on; high heat
6. Vigorous boil? Start timing  
*Adjust for altitude*
7. Adjust heat to maintain gentle boil
8. Ding! Timer off; heat off; lid off
9. Wait ≤ 5 minutes
10. Jars out
11. Cool jars, undisturbed 12-24 hours  
*Check seal; remove rings; clean jars*
12. Label and store sealed jars  
*Cool, dry, dark location*  
*Use within 1 year for best quality*

## Canning Steps: Steam

1. Use reputable, researched-based recipe
2. Prep work area, food & jars  
*Sterilize jars if <10 minutes processing time*
3. Heat canner water (*not boiling*)  
*Hot pack: 180°F, Raw pack: 140°F*
4. Jars in canner; lid on; high heat
5. Steady 6-8" column of steam? Start timing  
*Green zone on temp sensor*  
*Adjust for altitude*  
*Max 45 minutes*
6. Adjust heat to maintain gentle boil  
Steady 6-8" column of steam
7. Ding! Timer off; heat off
8. Wait 2-3 minutes
9. Lid off, jars out
10. Cool jars, undisturbed 12-24 hours  
*Check seal; remove rings; clean jars*
11. Label and store sealed jars  
*Cool, dry, dark location*  
*Use within 1 year for best quality*



## Canning Steps: Pressure

1. Use reputable, research-based recipe
2. Prep work area, food & jars
3. Heat 2-3" canner water (*not boiling*)  
*Hot pack: 180°F, Raw pack: 140°F*
4. Jars in canner; lid on; weight **off**; high heat
5. **Vent** 10 minutes
6. Weight **on**
7. Bring to pressure listed in recipe
8. Start timer; process; adjust heat as needed
9. Ding! Timer off; heat off
10. **Wait** until pressure drops to 0
11. Weight **off**
12. Cool 10 minutes **more**
13. Lid off; jars out
14. Cool jars, undisturbed 12-24 hours  
*Check seal; remove rings; clean jars*
15. Label and store sealed jars  
*Cool, dry, dark location*  
*Use within 1 year for best quality*



## Canning Soups: No Reputable Recipe?

1. Select, wash, and prepare vegetables, meat and seafood.
2. Cover meat with water, cook until tender. Cool meat, remove bones.
3. Cook vegetables as described for a hot pack.  
For each cup of dried beans or peas, add 3 cups of water, boil 2 minutes, remove from heat, soak 1 hour, heat to boil and drain.
4. Combine solid ingredients. Cover with broth, tomatoes, or water.
5. **Do not** add thickening agents before canning (noodles or other pasta, rice, flour, cream, milk, etc.) **Do not** puree.
6. Boil 5 minutes. Salt to taste, if desired.
7. Fill jars with **half** solid mixture and **half** soup liquid, leaving 1-inch headspace.
8. Place lids and rings on jars and process, adjusting for altitude.

Soups in a <b>weighted-gauge pressure canner</b> at altitudes of:				
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	60* min	10 lb	15 lb
	Quarts	75*	10	15

Soups in a <b>dial-gauge pressure canner</b> 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	60* min	11 lb	12 lb	13 lb	14 lb
	Quarts	75*	11	12	13	14

\*Contains seafood? Process 100 minutes, adjust for altitude.