

Canning Dry Beans - USDA Approved Method

--- Dry beans must be processed in a pressure canner ---

Instructions

1. Remove any foreign objects from beans
2. Hydrate beans- 2 methods
 1. Place in large pot, cover with water and soak overnight.
 2. Cover beans with water and boil for 2 minutes, remove from heat and soak for 1 hour
3. Drain and rinse beans
4. Cover with 2 inches of fresh water
 5. Bring to a boil and cook 30-40 minutes, stirring frequently
6. Drain off liquid
7. Ladle beans into clean jars, leave 1" headspace
8. Fill with hot water, maintain 1" headspace
9. Wipe off rims and place hot lids and clean rings on jars.
10. Place jars in pressure canner and process>(*see note below)
 1. Process times:
 1. Pints for 75 minutes
 2. Quarts for 1 hour, 30 minutes
11. Remove petcock or weighted gauge from lid as soon as pressure is naturally released.
12. Wait 2-3 minutes before removing lid from canner
 1. Tip lid away from you so steam doesn't burn you
13. Remove hot bottled beans from canner and set on towel or cooling rack
 1. Beans will boil for some time after taking them from canner
14. Let cool, check for proper seal, remove rings and wash jars before storing
15. It's okay if beans aren't all immersed in liquid or beans don't completely fill jars after processing



* Follow instructions for your pressure cooker and adjust pressure for your altitude.

STEAM-PRESSURE CANNER ALTITUDE CHART					
<i>The steam-pressure method is used for low-acid foods. Normally, the pressure given for low acid foods in canning guides is for weighted-gauge canners at altitudes at or below 1,000 feet above sea level. At altitudes of 1,001 feet or above, adjust the processing pressure according to the STEAM-PRESSURE CANNER chart for the type of steam-pressure canner being used.</i>					
Altitude (feet)	Weighted Gauge	Dial Gauge	Altitude (feet)	Weighted Gauge	Dial Gauge
0 - 1,000	10	11	4,001 - 6,000	15	13
1,001 - 2,000	15	11	6,001 - 8,000	15	14
2,001 - 4,000	15	12	8,001 - 10,000	15	15

The average elevation in Salt Lake City is 4327 ft.