

Green Beans, Raw Pack

Makes 4 to 5 pints

Ingredients

2½ to 3 pounds green beans

Salt (optional)

Directions

FILL pressure canner with 2 to 3 inches of water; heat to 140°F. Wash jars and screw bands in hot soapy water; rinse with warm water. Treat flat lids according to manufacturer's directions. Keep jars warm until filled.

WASH beans and trim ends. Break or cut into 1-inch pieces or leave whole.

PACK beans tightly to within **1 inch** of tops. Add ½ teaspoon salt to pints, if desired. Fill jar to 1-inch from top with boiling water. Remove air bubbles. Wipe jar rims. Apply and adjust lids.

LOAD filled jars into pressure canner; add more water if needed. Fasten canner lid securely. Leave weight off the vent port or open the petcock. Turn the heat setting to the highest position. Heat until the water boils and steam flows freely in a funnel shape from the open vent port or petcock. While maintaining the high heat setting, let the steam flow (exhaust) continuously for 10 minutes. Place the counter-weight or weighted gauge on the ventport, or close the petcock depending on the type of canner.

PROCESS in a dial gauge pressure canner at 11 pounds pressure or in a weighted gauge pressure canner at 10 pounds pressure for **20 minutes**. Turn off heat, remove canner from the heat if possible, and let the canner cool down naturally. Remove weight and wait additional 10 minutes before removing lid.

REMOVE jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary.)

From *So Easy to Preserve*, University of Georgia Cooperative Extension



RAW PACK

Put raw, unheated food directly in jars. Boiling hot water is poured over the food to obtain proper headspace. Food should be packed tightly because it will shrink.

Equipment and supplies:

- Pressure canner
- 4 or 5 pint jars with flat lids and rings
- Soap and water
- Small saucepan
- Chef's knife
- Large bowl
- 6- or 8-quart saucepan
- Measuring spoons
- Large spoon
- Tongs
- Jar funnel
- Ladle
- Lid wand
- De-bubbler
- Paper towels
- Towel or cooling rack

