

# MEALS IN JARS

*Canning Cookbook*





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## **BUILD YOUR MEALS**

## **SPECIAL OFFER**

# Welcome to Food Prep Guide!

We are a team of women who want to help you save money in the kitchen by learning traditional skills like:

- *gardening*
- *food preservation*
- *cooking from scratch*
- *food storage*
- *pantry management*
- *and more!*



We seek to do it ALL as frugally as possible—to honor the Lord as we steward our families wisely.

Three words characterize how we teach, and we believe they communicate what you can expect from all of our resources:

**FAITHFUL:** God can turn a measure of oil and wheat into an endless supply of sustenance. (1 Kings 17) But an abundant storehouse means nothing if we trust in it more than we trust in Him. (Luke 12) Our trust in Jesus shapes everything we do here.

**FRUGAL:** Frugality isn't about cutting corners; it's about making thoughtful, intentional choices that respect our resources. We focus on money-saving strategies that maximize production and reduce waste at every stage from sowing, preserving, storing, and cooking.

**EFFICIENT:** Time is limited—and so is brain space. We strive to share efficient management systems alongside every skill we teach. That's why we offer printables, and planners, and cheat sheets in addition to our classes and courses.

We don't just teach the skill. We help you implement it in real life. We're glad you're here—let's get started. ❤️

# IMPORTANT!

*Do Not Skip*

**The Introduction below contains important canning safety information, along with details you need to know before using these recipes.**

**Please read!**





# MEALS IN JARS

## *Simple, Home-Canned Meals*

We are incredibly excited to share this cookbook with our community!

For this busy mama, meal-prep canning has made it possible for me to cook from scratch nearly every night.

Before we dig into the recipes, there are a few important notes to consider.

### **Canning Safety**

First, this is a canning cookbook—not a course on how to can.

You should have a working knowledge of canning safety before canning ANY recipe as canning is very different than cooking.

If you're not sure what is meant by "canning safety," you may not be ready for this book. We recommend taking our [Canning 101 Master Class](#) first.

Get \$10 off with code: **CanningSafety10**

*(This code is exclusive to buyers of this book. Please don't share it with anyone else.)*

### **Our Canning Philosophy**

Second, we feel it's important for you to understand our canning philosophy.

We believe in following the tested guidelines published by the National Center for Home Food Preservation (NCHFP), Ball, and county extension offices.



That said, we also believe that "untested" does not automatically equal "unsafe." It just means it hasn't been tested.

(County extension offices are severely underfunded. Most of them no longer test canning recipes at all.)

For example, we didn't have a tested, proven-safe way to can zucchini without pickling it.

Then, within the last few years, the NCHFP published a recipe for pineapple zucchini where zucchini is water bathed in a highly acidic liquid made of sugar, pineapple juice, and lemon juice.

Does that mean it was dangerous to can zucchini in pineapple juice before the NCHFP told us we could? No, of course not.

With that in mind, you will find recipes in this book that are not "tested and proven safe" by the NCHFP.

However, they do following safe canning practices like:

- paying attention to density levels
- half solids—half liquids for soups
- processing for the longest ingredient called for
- not using thickeners, flour, dairy, pasta, rice, etc.

### **Don't Skip Steps**

We previously mentioned that canning is not like cooking. When cooking, you can skip steps in recipes with little to no repercussions. That is not the case when canning.

For instance, our "Sloppy Joe Venison" recipe calls for partially cooking the ground beef first. Ground meat **MUST** be cooked three-fourths of the way through to prevent potential density and heat penetration issues. It's not safe to skip this step in this resource.



This is one reason why we stress the importance of understanding “best practices” for canning safety before canning any recipes you find online.

## Canner Pressure (PSI) Elevation Chart

The recipes in this book pressure can for either 75 minutes or 90 minutes. While the processing time will not change, you will need to adjust your PSI if you live over 1,000 feet above sea level.

**(Note:** If you have the Digital Presto Pressure Canner, you don’t need to adjust your PSI.)

**Please refer to the following chart to know how to adjust your PSI according to your elevation:**

Altitude	Dial-Gauge Canner (PSI)	Weighted-Gauge Canner (PSI)
0–1,000 ft	11 PSI	10 PSI
1,001–2,000 ft	11 PSI	15 PSI
2,001–4,000 ft	12 PSI	15 PSI
4,001–6,000 ft	13 PSI	15 PSI
6,001–8,000 ft	14 PSI	15 PSI
8,001–10,000 ft	15 PSI	15 PSI

## Making the Most of This Resource

Most of the canning recipes are followed by a recipe page that gives you a specific recipe for using your meal in a jar. That said, there are dozens of ways to use them!

At the end of this book, you will find a “Build Your Meals” page, which is intended to help you brainstorm different ways to use your canned meals.



Most of the recipes include either chicken broth powder or beef broth powder (or bouillon) followed by topping off your jars with water.

If you prefer to use broth instead of powder, you can substitute beef or chicken broth in place of the powder plus water.

Essentially, the broth can be your liquid instead of water.

We are often asked where we get our powder, so here are quick links:

- [Orrington Farms Beef Broth Powder](#)
- [Orrington Farms Chicken Broth Powder](#)

### **Why Are the Recipes Written for One Jar?**

We decided to present the canning recipes in one-jar quantities. As a novice canner years ago, it was frustrating to me when a canning recipe was for seven quarts, but my canner only held five.

Working with one-jar recipes makes it easy to accommodate many pressure canner sizes.

Let's say your canner holds five quarts, and your recipe calls for 1/4 cup carrots per jar. Simply set out five quart jars, and scoop 1/4 cup carrots into each jar, then move on to the next ingredient.

### **A Note About Headspace**

For decades, the general guideline for headspace for meat and vegetables was 1 inch. In recent years, some sources have increased that to 1 1/4 inch.

Personally, for fatty foods, I leave 1 1/4-inch headspace even if the recipe states 1 inch. For everything else, I do 1-inch headspace.



## Canning Recommendations

If you need a canner or canning supplies, [here's our list of recommendations](#).

The above link is an affiliate link. If you choose to order anything, we'll earn a small commission at no cost to you. Thank you for your support!

*Have fun filling your pantry!*

*Jordan & Stacy*





# BEEF

## *Recipes*





# BEEF STROGANOFF

**YIELD: 1 QUART**

**PREP TIME: 15 MIN**

**CANNING TIME: 90 MIN**

## INGREDIENTS

- 2 cups cubed, raw beef
- 1/2 cup chopped onions
- 2 Tbs Worcestershire
- 2 Tbs tomato paste
- 1 tsp fresh minced garlic
- 1 tsp thyme
- 1 tsp parsley
- 1 tsp salt
- 1/2 tsp pepper
- 1 Tbs beef broth powder (or bouillon)

## DIRECTIONS

1. Place all ingredients into the jar.
2. Top with water to 1-inch headspace.
3. Debubble, and wipe your rim with a clean, wet towel.
4. Place lid, and apply ring to fingertip tight.
5. Pressure can for 90 minutes. (\*Refer to the PSI Elevation Chart in the Introduction for weight/gauge information.)



## TIP!

You can make the tomato paste by mixing 2 Tbs tomato powder with 1-2 Tbs water. Start with 1 Tbs and gradually add more until it's the consistency of paste.



*Recipe idea*



## **BEEF STROGANOFF**

**YIELD: 5-6 SERVINGS**

**PREP TIME: 5 MIN**

**COOK TIME: 15 MIN**

### **INGREDIENTS**

- 1 “stroganoff” meal in a jar
- 4 Tbs butter
- 1/2 cup flour
- 1 cup sour cream
- 2 tsp smoked paprika
- 16 oz egg noodles or pasta of choice

### **DIRECTIONS**

1. Dump the contents of your jar into a pot. Bring to a boil, then lower to a simmer.
2. While that’s heating up, boil water for your pasta. Once boiling, add your pasta of choice and boil until al dente—typically 10 minutes or so.
3. In a saucepan, melt the butter. Add the flour and cook until bubbly—typically 1-2 minutes.
4. Mix in sour cream and paprika. At this point, you can add any other seasonings you would like.
5. Stir the sour cream mixture into the beef mixture, and simmer until it has thickened to your desired consistency.
6. Pour over a bed of pasta, and enjoy!