

Beef stew



This is a very basic home pressure-canned beef stew that should please most people's tastes. It's found in both the Ball Blue book and in the Ball / Bernardin Complete book.

Course	Soup
Cuisine	American
Keyword	Beef
Prep Time	1 hour
Cook Time	1 hour 30 minutes
Total Time	2 hours 30 minutes
Servings	7 litre (quart) jars
Calories	406kcal

Ingredients

- 2 kg potato (diced. 3 quarts / 4 lbs. Measurements after prep. About 18 medium.)
- 1 kg carrots (sliced. 2 quarts / 2 lbs. Measurements after prep. About 15 small.)
- 400 g celery (chopped. 3 cups / 14 oz. Measurements after prep. About 6 stalks.)
- 450 g onion (chopped. 3 cups / 1 lb. Measurements after prep. 4 to 5 medium.)
- 2 kg stewing beef (4 to 5 lbs)
- 1 tablespoon oil
- 1 ½ teaspoons salt (Or non-bitter, non-clouding salt sub)
- 1 teaspoon thyme
- ½ teaspoon ground black pepper
- water (boiling)

Instructions

1. Wash and peel the potatoes. Wash again, then dice. Put in a large pot.
2. Wash, peel, wash again, then slice the carrots. Add to the large pot.
3. Wash the celery, slice. Add to the large pot.
4. Wash, peel, chop the onions coarsely. Add to the large pot.
5. Cut the beef into 4 cm (1 ½ inch) cubes. Set aside.
6. Heat the vegetable oil in a frying pan. Add the stewing beef in batches, brown it, add to the large pot.
7. Add all remaining ingredients to the pot.
8. Add just enough boiling water from a kettle to cover (depending on your pot shape, etc, that may be around 2 - 3 litres / quarts / 8 - 12 cups. Exact amount does not matter).
9. Bring to a boil.
10. Jar size choices: half-litre (1 US pint) or 1 litre (US quart)

11. Ladle mixture evenly into hot jars. Should you need more liquid, use boiling water from a kettle.
12. Leave 3 cm (1 inch) headspace.
13. Debubble; adjust headspace.
14. Wipe jar rims.
15. Put lids on.
16. Processing pressure: 10 lbs (69 kPa) weighted gauge, 11 lbs (76 kPa) dial gauge (adjust pressure for your altitude when over 300 metres / 1000 feet)
17. Processing time: half- litre (1 US pint) 75 minutes; 1 litre (US quart) 90 minutes.

Nutrition

Serving: 2g | Calories: 406kcal | Carbohydrates: 35.9g | Protein: 45.5g | Fat: 8.2g | Saturated Fat: 2.7g | Cholesterol: 99mg | Sodium: 419mg | Fiber: 6.1g | Sugar: 6.4g

Beef stew. www.healthycanning.com

POTATOES, WHITE – CUBED OR WHOLE

Quantity: An average of 20 pounds is needed per canner load of 7 quarts; an average of 13 pounds is needed per canner load of 9 pints. A bag weighs 50 pounds and yields 18 to 22 quarts – an average of 2½ to 3 pounds per quart.

Quality: Select small to medium-size mature potatoes of ideal quality for cooking. Tubers stored below 45°F may discolor when canned. Choose potatoes 1 to 2 inches in diameter if they are to be packed whole.

Please read Using Pressure Canners before beginning. If this is your first time canning, it is recommended that you read Principles of Home Canning.

Procedure: Wash and peel potatoes. Place in ascorbic acid solution to prevent darkening. If desired, cut into 1/2-inch cubes. Drain. Cook 2 minutes in boiling water and drain again. For whole potatoes, boil 10 minutes and drain. Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with hot prepared potatoes, leaving no more than 1-inch headspace. Cover hot potatoes with FRESH boiling water, leaving 1-inch headspace and covering all pieces of potato. (Caution: Do not use the water you cooked the potatoes in; it contains too much starch.)

Adjust lids and process following the recommendations in Table 1 and Table 2.

Table 1. Recommended process time for White Potatoes in a dial-gauge pressure canner.						
			Canner Pressure (PSI) at Elevations 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	35 min	11 lb	12 lb	13 lb	14 lb
	Quarts	40	11	12	13	14

Table 2. Recommended process time for White Potatoes in a weighted-gauge pressure canner.				
			Canner Pressure (PSI) at Elevations of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	35 min	10 lb	15 lb
	Quarts	40	10	15

This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015.



A Guide to Pressure Canning

Review and Revision: **Claudia Botzet**, SDSU Extension Nutrition Field Specialist
Original Publication: 2018 – **Megan Erickson**, former SDSU Extension Nutrition Field Specialist

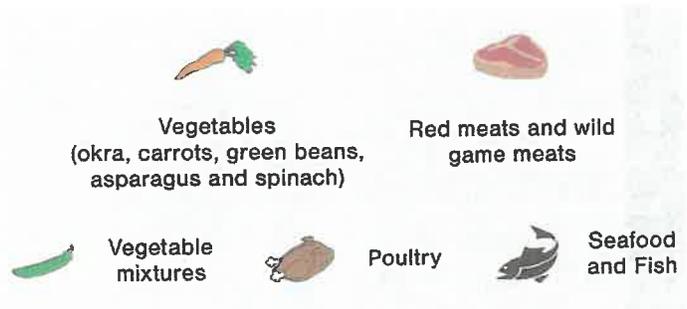
Pressure canners may have a weighted-gauge or dial-gauge, for indicating and regulating the pressure during processing.

Pressure canning is the method used for preserving low acid foods.

These foods include:

These foods:

- have a natural acidic level that is too low to prevent growth of the heat-resistant spore-forming bacteria (*Clostridium botulinum*)
- need to be processed at high enough temperatures to kill any harmful bacterial spores and their toxins



The Importance of Altitude:

Altitude affects canning recipes, just like it does when you bake. Recipes are written for altitudes up to 1,000 feet above sea level. Check the chart for adjustments based on your altitude.

Find your altitude by downloading the Altimeter App (Free!) or visiting: whatismyelevation.com

Altitude (feet)	Dial-Gauge (pounds pressure)	Weighted-Gauge (pounds pressure)
0-1,000	11	10
1,001-2,000	11	15
2,001-4,000	12	15
4,001-6,000	13	15
6,001-8,000	14	15
8,001-10,000	14	15

Safety First!

Following a safe recipe is important. When canning foods, you should:

- Always use evidence-based recipes from sources such as:
 - Ball canning books
 - USDA Complete Guide to Home Canning
- NEVER use recipes from unsafe sources such as:
 - Pinterest
 - Blog Posts
 - Old family recipes
 - freeze homemade recipes for long-term storage instead
 - Recipes older than 1994 may be unsafe.



Steps for Successful Pressure Canning

- 1 Put rack and 2-3 inches of hot water in the canner.
- 2 Prepare food. Fill jars as directed, ensuring proper headspace. Remove air bubbles.
- 3 Clean rim & threads of jar using a clean, damp cloth.
- 4 Place lid and band on jar, screw on until finger-tip tight.
- 5 Place jars on rack in the canner and fasten canner lid securely.
- 6 Leave weight off vent port or open petcock. Heat at the highest setting until steam flows freely from the open petcock or vent port.
- 7 Maintaining high heat, let steam flow (exhaust) for 10 minutes and then place weight on the vent port or close the petcock. The canner will pressurize during the next 3-5 minutes.
- 8 Start timing according to the recipe when the recommended pressure has been reached on a dial gauge, or when the weighted gauge begins to jiggle or rock as the canner manufacturer describes.
- 9 Regulate heat under the canner to maintain a steady pressure at or slightly above the correct gauge pressure. Monitor to ensure pressure does not fluctuate. Follow the canner manufacturer's directions for how a weighted gauge should indicate it is maintaining the desired pressure.
- 10 When the timed process is completed, turn off the heat, remove the canner from heat if possible, and let the canner depressurize back to zero. Do not force-cool the canner which may result in food spoilage.
- 11 After the canner is depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes, unfasten the lid, and remove it carefully. Lift the lid away from you so that the steam does not burn your face. Let cool 5 minutes.
- 12 Remove jars from canner and set upright on a towel.
- 13 Leave jars undisturbed for 12-24 hours.
- 14 Check lids for seals. Lids should not flex up and down when the center is pressed.
- 15 Remove bands, test seals by gently pulling at the lid with your fingers.
- 16 Store in a cool, dry, dark place for up to 18 months.

Cleaning Your Canner:

- Clean the vent by drawing a clean string or narrow strip of cloth through the opening.
- Look to see if the safety valve is free of debris and operates freely. Follow the manufacturer's instructions for cleaning the valve.
- Check the rubber gasket for cracks or damage and replace if needed.
- Do not immerse the dial gauge in water when cleaning.
- Have dial gauges checked for accuracy each year. Gauges that read high cause under-processing. Gauges that read low cause over-processing. Both result in unsafe food.
- See also *A Guide To Water Bath Canning* Publication.



Sources: National Center for Home Food Preservation: nchfp.uga.edu

The All New Ball Book of Canning & Preserving, First Edition 2016

For more information: extension.sdstate.edu/food

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