Pickled or Non-Fermented Foods: Pickled Bell Peppers

United States Department of Agriculture, Extension Service

**PROCEDURE**

Wash peppers, cut into quarters, remove cores and seeds, and cut away any blemishes. Slice peppers in strips. Boil sugar, vinegar, and water for 1 minute. Add peppers and bring to a boil. Place 1/2 clove of garlic and 1/4 teaspoon salt in each sterile half-pint jar; double the amounts for pint jars. Add pepper strips and cover with hot vinegar mixture, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations in Table 1.

**Table 1. Recommended process time for Pickled Bell Peppers in a boiling-water canner.**

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>0 - 1,000 ft</th>
<th>1,001 - 6,000 ft</th>
<th>Above 6,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot</td>
<td>Half-pints or Pints</td>
<td>5 min</td>
<td>10</td>
<td>15</td>
</tr>
</tbody>
</table>

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2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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