



Cooperative Extension Service
Institute of Food and Agricultural Sciences

Pickled or Non-Fermented Foods: Pickled Bell Peppers¹

United States Department of Agriculture, Extension Service²

PICKLED BELL PEPPERS

7 lbs firm bell peppers
3-1/2 cups sugar
3 cups vinegar (5 percent)
3 cups water
9 cloves garlic
4-1/2 tsp canning or pickling salt

Yield: About 9 pints

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.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 min	10	15

1. This document is Fact Sheet FCS 8235, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: June 1998. First published: February 1993. Reviewed: June 1998. This document was extracted from the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA. It was originally published on CD-ROM as part of HE 8152, Guide 6: Preparing and Canning Fermented Foods and Pickled Vegetables.
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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