



Preparing Beans, Baked for Canning¹

United States Department of Agriculture, Extension Service²

Quantity: An average of 5 pounds of beans is needed per canner load of 7 quarts; an average of 3-1/4 pounds is needed per canner load of 9 pints--an average of 3/4 pounds per quart.

Quality: Select mature, dry seeds. Sort out and discard discolored seeds.

Procedure: Sort and wash dry beans. Add 3 cups of water for each cup of dried beans or peas. Boil 2 minutes, remove from heat and soak 1 hour and drain. Heat to boiling in fresh water, and save liquid for making sauce. Make your choice of the following sauces:

Tomato Sauce--Mix 1 quart tomato juice, 3 tablespoons sugar, 2 teaspoons salt, 1 tablespoon chopped onion, and 1/4 teaspoon each of ground cloves, allspice, mace, and cayenne pepper. Heat

to boiling. Add 3 quarts cooking liquid from beans and bring back to boiling.

Molasses Sauce--Mix 4 cups water or cooking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and 3/4 teaspoon powdered dry mustard. Heat to boiling.

Place seven 3/4-inch pieces of pork, ham or bacon in an earthenware crock, a large casserole, or a pan. Add beans and enough molasses sauce to cover beans. Cover and bake 4 to 5 hours at 350 degrees F. Add water as needed--about every hour. Fill jars, leaving 1-inch headspace.

Adjust lids and process according to the recommendations in Table 1 or Table 2 according to the method of canning used.

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Table 1. Recommended process time for Beans, Dry, with Tomato or Molasses Sauce in a dial-gauge pressure canner.

			Canner pressure (PSI) at Altitudes 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	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	75	11	12	13	14

Table 2. Recommended process time for Beans, Dry, with Tomato or Molasses Sauce in a weighted-gauge pressure canner.

			Canner pressure (PSI) at Altitudes of	
Style of pack	Jar Size	Process Time	0-1,000 ft	Above 1,000 ft
Hot	Pints	65 min	10 lb	15 lb
	Quarts	75	10	15