



Preparing Beans or Peas for Canning--Shelled, Dried: All Varieties¹

United States Department of Agriculture, Extension Service²

Quantity: An average of 5 pounds 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: Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans,

you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add 1/2 teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans or peas and cooking water, leaving 1-inch headspace.

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

Table 1. Recommended process time for Beans or Peas in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

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Table 2. Recommended process time for Beans or Peas in a weighted-gauge pressure canner.

Style of pack	Jar Size	Process Time	Canner pressure (PSI) at Altitudes of	
			0 - 1,000 ft	Above 1,000 ft
Hot	Pints	75 min	10 lb	15 lb
	Quarts	90	10	15