



## Selecting, Preparing, and Canning: Spaghetti Sauce without Meat<sup>1</sup>

United States Department of Agriculture Extension Service<sup>2</sup>

### SPAGHETTI SAUCE WITHOUT MEAT

- 30 lbs tomatoes
- 1 cup chopped onions
- 5 cloves garlic, minced
- 1 cup chopped celery or green pepper
- 1 lb fresh mushrooms, sliced (optional)
- 4-1/2 tsp salt
- 2 tbsp oregano
- 4 tbsp minced parsley
- 2 tsp black pepper
- 1/4 cup brown sugar
- 1/4 cup vegetable oil

**Yield:** About 9 pints

**Procedure: Caution: Do not increase the proportion of onions, peppers, or mushrooms.** Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in large saucepan. Put through food mill or sieve. Saute onions, garlic, celery or peppers, and mushrooms (if desired) in vegetable oil until tender. Combine sauteed vegetables and tomatoes and add remainder of spices, salt, and sugar. Bring to a boil. Simmer uncovered, until thick enough for serving. At this time the initial volume will have been reduced by nearly one-half. Stir frequently to avoid burning. Fill jars, leaving 1-inch headspace. Adjust lids and process according to the recommendations in Table 1 or Table 2, depending on the method of canning used.

**Table 1.** Recommended process time for Spaghetti Sauce Without Meat in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Gauge 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	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25	11	12	13	14

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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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