



## Selecting, Preparing and Canning Vegetables

### Beans, Dry, with Tomato or Molasses Sauce

**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.

Please read [Using Pressure Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

**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 – Version 1:** 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.

**Tomato Sauce – Version 2:** Mix 1 cup tomato ketchup with 3 cups of cooking liquid from beans. Heat 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.

Fill jars three-fourths full with hot beans. Add a 3/4-inch cube of pork, ham, or bacon to each jar, if desired. Fill jars with heated sauce, leaving 1-inch headspace.

Adjust lids and process following the recommendations in [Table 1](#) or [Table 2](#) according to the method of canning used.

**Table 1.** Recommended process time for **Beans, Dry, with Tomato or Molasses Sauce** 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	65 min	<b>11 lb</b>	12 lb	13 lb	14 lb
	Quarts	75	<b>11</b>	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	<b>10 lb</b>	15 lb
	Quarts	75	<b>10</b>	15

This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015.

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