

# Canning Green Beans in a Pressure Canner

Because they are a low-acid food, green beans **MUST** be canned in a pressure canner. **DO NOT USE A WATER BATH CANNER.** For 7 quarts of beans, you'll need around 10 pounds.



Wash the green beans. Then cut off the tips and cut to desired size. Leave them long or cut into inch-long pieces.



Choose your jars. You can use pints or quarts. Prepare your jars by washing them well. If you have a dishwasher, use it. It will sterilize them.

The wide mouth jars are nice to work with because it's easier to fit your hand in there later when you're packing the beans in, but regular mouth will also work.



Place the flat rack inside the canner on your big burner. **IMPORTANT: Pour 3 quarts of water into the pot.** Then place the quart jars into the pot upside down. (This also sterilizes them). Turn heat to high and bring water to a simmer. You want your jars piping hot before you pack them with beans.



Meanwhile, prepare a big pot about 3/4 full of water on the second burner. Use filtered water — not city water. Bring to a boil.



Prepare a small saucepan of water with your canning lids for your third stove burner. The lids should be brand new. You'll need 7 of them for each load of quarts in the canner. Heat the water to a simmer. You want the lids to be nice and hot (and sterile).



Prepare your space for filling the jars by placing a towel on the table.

Using a jar grabber, remove one of the Mason jars from the canner and turn it right side up on the workspace. Place a canning funnel into the jar.



We will be using the RAW PACK METHOD. Fill the jar with the raw green beans. Pack them in!!



Using a ladle, fill the jar with the hot filtered water from the pot on the stove. Fill to within a half inch of the top.



Run a knife or spoon around the jar inside to release air bubbles.



Then add 1 teaspoon of fine salt to each quart jar. Use 1/2 teaspoon per pint jar.



Wipe the jar with a lint-free cloth around the threads and the rim. You want to remove anything that would prevent a tight seal from forming.



Take a lid from the pot of hot lids, using a jar magnet or a fork.



Place the lid on the Mason Jar.



Screw on the bands. (The bands do not need to be hot).



Place the jar back into the canner in the rack.

Repeat until all 7 quarts are filled.



Now put the lid onto the canner. Line up the “V’s” and turn until the handles line up.

Place the pet-cot onto the valve.

Turn the heat to high.



The pot will begin to build up steam. You’ll see some of it releasing out of the sides and the pet-cot. Then, after about 10 minutes, it will suddenly stop, get quiet, as the chamber seals.

The pressure gauge will begin to climb.



You want the gauge to get to the number “10” – 10 pounds of pressure.

Once it gets to “10” you start the timer.

Cook at 10 pounds of pressure for 25 minutes if doing quarts.

If you’re doing pints, just cook for 20 minutes. Watch to make sure the pressure doesn’t lower or rise. Adjust heat flame to keep it steady.



After the time has elapsed, turn off the burner and let the pressure canner come back to zero pressure on its own. It will take around 20-30 minutes.



Remove the pet-cot.  
Unseal the lid. Using the jar grabber, pull out quarts out one by one.

Place on a heat-safe surface, free of drafts, overnight.



The jars will “ping” as they seal. Check the jars in the morning by pushing down on the lids. If they bounce back and click, they have not sealed, and you will need to put them into the refrigerator. Label your jars with the year so you know how old they are. Store them in your basement in a cool, dark place. Use within 2 years.