

How To Home Pressure Can Already Cooked Baked Beans Safely

To safely can baked beans that have already been cooked in sauce, you'll need to follow pressure canning guidelines, as beans are a low-acid food that requires high temperatures to prevent the growth of harmful bacteria.

Here are the steps you should follow for canning baked beans:

Equipment Needed:

- Pressure canner (essential for safety)
- Jars (pint or quart, depending on your batch size)
- Lids and rings
- Jar lifter
- Canning funnel (optional, but helpful)
- Bubble remover or plastic spatula
- Clean towels

Ingredients:

- Cooked beans in sauce (homemade or store-bought)
- Boiling water or additional sauce if needed to fill jars

Steps:

1. **Prepare Jars:** Wash jars, lids, and rings in hot, soapy water. Rinse well. Keep jars hot until you're ready to fill them by placing them in simmering water (do not boil). Lids and rings should also be kept in hot water, but not boiled.
2. **Prepare the Pressure Canner:** Fill the pressure canner with a few inches of water, following the manufacturer's instructions. Preheat the water but do not boil yet.
3. **Fill the Jars:** Using a ladle and canning funnel, fill your hot jars with the baked beans and sauce. Leave **1 inch of headspace** at the top of each jar. If needed, top off with boiling water or additional sauce to maintain headspace.
4. **Remove Air Bubbles:** Slide a non-metallic spatula or bubble remover between the jar and the beans to release any trapped

air bubbles. Adjust the headspace if necessary after removing bubbles.

5. **Clean the Rim:** Wipe the rims of the jars with a clean, damp cloth to ensure a good seal. Place the lids on the jars and screw on the rings until fingertip tight (don't overtighten).
6. **Pressure Can:** Place the filled jars in the pressure canner using a jar lifter. Lock the canner lid in place. Allow the canner to vent steam for about **10 minutes** to remove air. After venting, close the vent according to your canner's instructions, and bring the canner to the required pressure.
 - For **pints:** Process for **65 minutes** at 10 pounds of pressure (if you're at 0-1,000 feet altitude) or **15 pounds of pressure** if you're above 1,000 feet altitude.
 - For **quarts:** Process for **75 minutes** under the same pressure guidelines.

Table 1. Recommended process time for Beans, Baked in a dial-gauge pressure canner.						
			Canner Pressure (PSI) at Elevations 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, Baked in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Elevations 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

7. **Cool the Canner:** Once the processing time is complete, turn off the heat and let the pressure canner return to zero naturally. Do not force-cool the canner. Once it's depressurized, remove the lid carefully.
8. **Remove and Cool Jars:** Using a jar lifter, carefully remove the jars and place them on a towel to cool for **24 hours**. Do not disturb or tighten the lids.
9. **Check the Seals:** After the jars are completely cool, check the seals by pressing the center of the lid. If it does not pop up and down, the jar is sealed. If any jars did not seal properly, refrigerate and use them within a few days.
10. **Store:** Label the jars with the date, and store them in a cool, dark place. Properly canned baked beans will last for up to **12-18 months**.

Information Taken From:

www.nchfp.uga.edu/how/can/canning-vegetables-and-vegetable-products/beans-baked/

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