

WH6FQE  
Canning Recipes  
Vegetables

## Pinto Beans

*Makes about 8 pints or 4 quarts.*

### **2 Pounds Dried Pinto Beans**

**Stock** (*vegetable, pork, chicken, etc. or water*)

Thoroughly wash beans and dispose of any defective beans or stones.

Fill jars with beans. For pint-sized jars place ½ cup of dry beans, for quart-sized jars use 1 cup of dry beans. Fill with either stock or water leaving 1" headspace. Remove any trapped air bubbles from jar. The beans will expand during processing and may further expand a just little bit during storage.

Wipe rim of jar with a clean napkin or paper towel dipped in distilled white vinegar or hot water with vinegar. Place lid onto jar making sure that it is centered on top of jar. Place a ring on the jar and finger tighten. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes at 10 pounds of pressure following the directions for your pressure canner. (*Adjust pressure depending on your elevation*).

Allow jars to rest and cool undisturbed for 12 to 24 hours then remove rings and check the seals. Label with contents and date and store in a cool dry, dark location as any other canned foods.