

How do I? ...Can Vegetables

Selecting, Preparing and Canning Vegetables

Beans, Baked

Quantity: An average of 5 pounds of beans is needed per canner load of 7 quarts; an average of 3¼ pounds is needed per canner load of 9 pints – an average of ¾ 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: Soak and boil beans as follows – 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.

Prepare molasses sauce as follows – Mix 4 cups water or cooking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and ¾ teaspoon powdered dry mustard. Heat to boiling.

Place seven ¾-inch pieces of pork, ham, or bacon in an earthenware crock, a large casserole, or a pan. Add beans and enough molasses sauce to cover beans. Cover and bake 4 to 5 hours at 350°F. Add water as needed—about every hour.

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 **Beans, Baked** 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	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.

Style of pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			0 - 1,000 ft	Above 1,000 ft
Hot	Pints	65 min	10 lb	15 lb
	Quarts	75	10	15

This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009.

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