

## Canning Beans, Corn and Peas

### BAKED BEANS

**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 beans. Sort out and discard discolored beans.

**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:* Mix 1 quart tomato juice, 3 tablespoons sugar, 2 teaspoons salt, 1 tablespoon chopped onion, and ¼ teaspoon each of ground cloves, allspice, mace and cayenne pepper. Heat to boiling. Add 3 quarts cooking liquid from beans and bring back to boiling.

*Molasses Sauce:* 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 or tomato 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. Remove air bubbles and wipe jar rims. Adjust lids and process according to the recommendations in Table 1 or Table 2.

### GREEN AND WAX BEANS

**Quantity:** An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 12 to 20 quarts — an average of 2 pounds per quart.

**Quality:** Select filled but tender, crisp pods. Remove and discard diseased and rusty pods.

**Procedure:** Wash beans and trim ends. Leave whole or cut or snap into 1-inch pieces. Add 1 teaspoon of canning salt per quart jar, if desired.

*Hot Pack:* Cover with boiling water; boil 5 minutes. Fill jars loosely with beans. Add hot cooking liquid, leaving 1-inch headspace.

*Raw Pack:* Fill jars tightly with raw beans, leaving 1-inch headspace. Add boiling water, maintaining the 1-inch headspace.

Remove air bubbles and wipe jar rims. Adjust lids and process following the recommendations in Table 1 or Table 2.

### LIMA BEANS

**Quantity:** An average of 28 pounds is needed per canner load of 7 quarts; an average of 18 pounds is needed per canner load of 9 pints. A bushel weighs 32 pounds and yields 6 to 10 quarts — an average of 4 pounds per quart.

**Quality:** Select tender, well-filled pods with green seeds (beans). Discard insect- and disease-damaged beans.

**Procedure:** Shell and wash beans thoroughly. Add ½ teaspoon salt to pints or 1 teaspoon to quarts, if desired.

*Hot Pack:* Cover beans with boiling water; bring to a boil. Boil 3 minutes. Pack hot beans loosely into hot jars, leaving 1-inch headspace. Fill jar to 1 inch from top with boiling hot cooking liquid.

*Raw Pack:* Pack beans loosely into hot jars, leaving 1-inch headspace for pints, 1½-inches for quarts of small beans or 1¼-inches for quarts of large beans. Fill with boiling water, again leaving the headspace given above.

Remove air bubbles. Wipe jar rims. Adjust lids and process according to the recommendations in Tables 1 and 2.

### **SHELLED GREEN OR ENGLISH PEAS**

**Quantity:** An average of 31½ pounds (in pods) is needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 5 to 10 quarts — an average of 4½ pounds per quart.

**Quality:** Select filled pods containing young, tender, sweet seeds. Discard diseased pods. It is recommended that sugar snap and Chinese edible pods be frozen rather than canned, for best quality.

**Procedure:** Shell and wash peas. Add 1 teaspoon of salt per quart to the jar, if desired.

*Hot Pack:* Cover with boiling water. Bring to a boil in a saucepan, and boil 2 minutes. Fill jars loosely with hot peas, and add cooking liquid, leaving 1-inch headspace.

*Raw Pack:* Fill jars with raw peas, add boiling water, leaving 1-inch headspace. Do not shake or press down peas.

Wipe jar rims. Adjust lids and process following the recommendations in Table 1 or Table 2.

### **WHOLE KERNEL CORN**

**Quantity:** An average of 31½ pounds (in husks) of sweet corn is needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints. A bushel weighs 35 pounds and yields 6 to 11 quarts — an average of 4½ pounds per quart.

**Quality:** Select ears containing slightly immature kernels or of ideal quality for eating fresh. Canning

some sweeter varieties or too immature kernels may cause browning. However, this does not affect the safety of the product. If unsure of variety, can a small amount and check the color and flavor before canning large quantities.

**Procedure:** Remove corn husks and silk; wash ears. Blanch 3 minutes in boiling water. Cut corn from cob at about three-fourths the depth of the kernel. Do not scrape from cob. Add ½ teaspoon of salt to pints or 1 teaspoon to quarts, if desired.

*Hot Pack:* To each 4 cups of corn, add 1 cup of boiling water, heat to boiling and simmer 5 minutes. Pack corn hot, leaving a 1-inch headspace. Fill jar 1 inch from the top with boiling hot cooking liquid.

*Raw Pack:* Pack corn into hot jars, leaving 1-inch headspace. Fill jars to 1 inch from the top with boiling water. Remove air bubbles.

Wipe jar rims. Adjust lids and process following the recommendations in Table 1 or Table 2.

### **SUCCOTASH**

#### **Ingredients:**

15 pounds unhusked sweet corn or 3 quarts cut whole kernels  
14 pounds mature green podded lima beans or 4 quarts shelled limas  
2 quarts crushed or whole tomatoes (optional)

**Procedure:** Wash and prepare fresh produce as described for vegetables in sections on lima beans and corn. Add 1 teaspoon salt to each quart jar, if desired.

*Hot Pack:* Combine all prepared vegetables in a large kettle with enough water to cover the pieces. Boil gently 5 minutes and fill jars with pieces and cooking liquid, leaving 1-inch headspace.

*Raw Pack:* Fill jars with equal parts of all prepared vegetables, leaving 1-inch headspace. Do not shake or press down pieces. Add fresh boiling water, leaving 1-inch headspace.

Wipe jar rims. Adjust lids and process following the recommendations in Table 1 and Table 2.

Yield: 7 Quarts

## CREAM STYLE CORN

**Quantity:** An average of 20 pounds (in husks) of sweet corn is needed per canner load of 9 pints. A bushel weighs 35 pounds and yields 12 to 20 pints — an average of 2¼ pounds per pint.

**Quality:** Select ears containing slightly immature kernels or of ideal quality for eating.

**Procedure:** Remove corn husks and silk; wash ears. Blanch ears 4 minutes in boiling water. Cut corn from cob at center of kernel. Scrape remaining corn from cobs with a table knife.

**Hot Pack:** Add 1 cup boiling water to each 2 cups of corn. Heat to a boil and simmer 3 minutes. Pack hot corn into hot jars, leaving 1-inch headspace. Add ½ teaspoon salt to pints, if desired.

Remove air bubbles. Wipe jar rims. Adjust lids and process according to the recommendations in Tables 1 and 2.

**Caution:** Quart jars are not recommended due to the denseness of the canned product.

For more information on home canning, request HGIC 3020, *Home Canning Equipment*, HGIC 3040, *Canning Foods at Home*, or contact your local Extension agent.

**TABLE 1. RECOMMENDED PROCESS TIMES FOR CANNED BEANS, PEAS AND CORN IN A DIAL-GAUGE PRESSURE CANNER**

				CANNER PRESSURE (PSI) AT ALTITUDES OF:			
Canned Product	Style of Pack	Jar Size	Process Time (Min.)	0-2000 ft.	2001-4000 ft.	4001-6000 ft.	Above 6000 ft.
Baked Beans	Hot	Pints	65	11 lb.	12 lb.	13 lb.	14 lb.
		Quarts	75				
Snap Beans, & Italian: Green & Wax	Hot and Raw	Pints	20	11 lb.	12 lb.	13 lb.	14 lb.
		Quarts	25				
Lima Beans	Hot and Raw	Pints	40	11 lb.	12 lb.	13 lb.	14 lb.
		Quarts	50				
Peas (Green or English)	Hot and Raw	Pints or Quarts	40	11 lb.	12 lb.	13 lb.	14 lb.
Whole Kernel Corn	Hot and Raw	Pints	55	11 lb.	12 lb.	13 lb.	14 lb.
		Quarts	85				
Cream Style Corn	Hot	Pints	85	11 lb.	12 lb.	13 lb.	14 lb.
		Quarts*	N/A*				
Succotash	Hot and Raw	Pints	60	11 lb.	12 lb.	13 lb.	14 lb.
		Quarts	85				

\*Not recommended due to the denseness of the canned product.

**TABLE 2. RECOMMENDED PROCESS TIMES FOR CANNED BEANS, CORN AND PEAS  
IN A WEIGHTED-GAUGE PRESSURE CANNER**

				<b>CANNER PRESSURE (PSI) AT ALTITUDES OF:</b>	
<b>Canned Product</b>	<b>Style of Pack</b>	<b>Jar Size</b>	<b>Process Time (Min.)</b>	<b>0-1000 ft.</b>	<b>Above 1000 ft.</b>
Baked Beans	Hot	Pints	65	10 lb.	15 lb.
		Quarts	75		
Snap Beans & Italian: Green & Wax	Hot and Raw	Pints	20	10 lb.	15 lb.
		Quarts	25		
Lima Beans	Hot and Raw	Pints	40	10 lb.	15 lb.
		Quarts	50		
Peas (Green or English)	Hot and Raw	Pints or Quarts	40	10 lb.	15 lb.
Whole Kernel Corn	Hot and Raw	Pints	55	10 lb.	15 lb.
		Quarts	85		
Cream Style Corn	Hot	Pints	85	10 lb.	15 lb.
		Quarts*	N/A*		
Succotash	Hot and Raw	Pints	60	10 lb.	15 lb.
		Quarts	85		

\*Not recommended due to the denseness of the canned product.

Source:

1. USDA. *Complete Guide to Home Canning*. Agriculture Information Bulletin No. 539. Reviewed 1994.

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This information has been reviewed and adapted for use in South Carolina by P. H. Schmutz, HGIC Information Specialist, and E.H. Hoyle, Extension Food Safety Specialist, Clemson University.

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