



# Canning Green Beans

*the easy way .... the right way*

UNIVERSITY OF ILLINOIS EXTENSION

## STEP 1

### Prepare Green Beans

- Select fresh, young, tender beans.
- Wash thoroughly.
- Trim ends.
- Snap to 1-inch pieces.



## STEP 2

### Raw Pack

- Put raw beans into jar.
- Pack tightly.
- Leave 1-inch head space at top of jar.
- Add ½ teaspoon salt to each quart, if desired.
- Cover with boiling water to 1 inch from top of jar.
- Wipe rim, adjust lid.

## STEP 3

### Prepare Pressure Canner

- Set jars on rack in pressure canner.
- Pour 3 inches hot water in canner.
- Place cover on canner, fasten.
- Leave petcock open.
- Let steam come through petcock 10 minutes.
- Then close petcock.

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## STEP 4

### Begin Canning

- Let pressure gauge rise 11 pounds.
- Now begin timing – 25 minutes.
- Remove canner from heat, avoid drafts.
- Do not open. Let pressure gauge fall to zero.
- Then wait 3 minutes.



## STEP 5

### Release Steam from Canner

- Now open petcock, let steam escape.
- When all steam is gone, open back of canner lid first. This keeps steam from burning you.
- Remove hot jars from canner.
- Cool jars on rack.
- Check seals, remove ring bands.
- Label and store in cool, dry place.



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FOOD STAMP NUTRITION EDUCATION

For more information about home canning,  
contact your local University of Illinois Extension office.

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