

# Bottled White Beans and Ham

1. Remove any foreign objects from 5 ½ c. Great Northern Beans ( enough to fill 7 quarts)
2. Wash beans
3. Hydrate beans- 2 methods
  1. Place in large pot, cover with water and soak overnight.
  2. Cover beans with water and boil for 2 minutes, remove from heat and soak for 1 hour
4. Drain and rinse beans
5. Cover with 2 inches of fresh water
6. Bring to a boil and cook 30-40 minutes, stirring frequently
7. Drain off liquid
8. Pour 1 ¾ c hydrated beans into each clean jars this should use up all your hydrated beans but if not just use them up in all 7 quarts
9. Add into each jar:
  1. 1 T chopped onion
  2. ¼ c. or more chopped ham (canned ham works too)
  3. ½ c. diced carrots
  4. ¼ c chopped celery
  5. 2 tsp chicken bullion powder
  6. ¼ tsp salt (optional) -can use hickory smoked salt, seasoned salt or table salt
10. Fill jars with hot water – **LEAVE 1” HEADSPACE**
11. Wipe off rims adjust lids
12. Process 90 minutes at pressure according to your altitude

STEAM-PRESSURE CANNER ALTITUDE CHART					
<i>The steam-pressure method is used for low-acid foods. Normally, the pressure given for low acid foods in canning guides is for weighted-gauge canners at altitudes at or below 1,000 feet above sea level. At altitudes of 1,001 feet of above, adjust the processing pressure according to the STEAM-PRESSURE CANNER chart for the type of steam-pressure canner being used.</i>					
Altitude (feet)	Weighted Gauge	Dial Gauge	Altitude (feet)	Weighted Gauge	Dial Gauge
0 - 1,000	10	11	4,001 - 6,000	15	13
1,001 - 2,000	15	11	6,001 - 8,000	15	14
2,001 - 4,000	15	12	8,001 - 10,000	15	15

Average elevation in Salt Lake City is 4327 ft.

