



Glazed Carrots

From Ball® Blue Book Guide to Preserving

YIELD: 6 pint jars

INGREDIENTS

6 to 9 lbs Carrots , about 1 to 1-1/2 inch diameter
2 cups Brown Sugar
2 cups Water
1 cup Orange Juice

DIRECTIONS

1. Prep: Wash and peel carrots. Remove stem ends. Slice, dice or julienne to fit jars.
2. Fill Pressure Canner with recommended amount of water per manufacturer directions, Warm jars up to 140 degrees.
3. Cook: Bring **brown sugar, water and orange juice** to a boil, stirring until sugar dissolves. Reduce heat to a simmer (180 degrees F).
4. Fill: Pack raw **carrots** into a hot jar, leaving **1-inch headspace**. Ladle hot syrup over carrots, leaving 1-inch headspace.
5. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to finger-tip tight. Place jar on the rack in the pressure canner.
6. Process: Place lid on canner and turn to locked position. Adjust heat to medium-high. Vent steam for 10 minutes. Put weighted gauge on vent; bring to **10 pounds pressure**. Process pint jars **30 minutes**. Turn off heat, let canner cool naturally to zero pressure. Wait 10 more minutes, then remove lid. Remove jars from canner. **DO NOT** retighten bands if loose. Cool 12 hours. Check seals, clean and store jars.