



## Selecting, Preparing and Canning Meat

### Chili Con Carne

- 3 cups dried pinto or red kidney beans
- 5-1/2 cups water
- 5 tsp salt (separated)
- 3 lbs ground beef
- 1-1/2 cups chopped onion
- 1 cup chopped peppers of your choice (optional)
- 1 tsp black pepper
- 3 to 6 tbsp chili powder
- 2 qts crushed or whole tomatoes

**Yield:** 9 pints

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:** Wash beans thoroughly and place them in a 2 qt saucepan. Add cold water to a level of 2 to 3 inches above the beans and soak 12 to 18 hours. Drain and discard water. Combine beans with 5-1/2 cups of fresh water, and 2 teaspoons salt. Bring to a boil. Reduce heat simmer 30 minutes. Drain and discard water. Brown ground beef, chopped onions, and peppers, if desired, in a skillet. Drain off fat and add 3 teaspoons salt, pepper, chili powder, tomatoes, and drained cooked beans. Simmer 5 minutes.

**Caution: Do not thicken.** Fill jars, leaving 1-inch headspace. Adjust lids and process according to the recommendations in [Table 1](#) or [Table 2](#).

**Table 1.** Recommended process time for **Chile Con Carne** in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	75 min	<b>11 lb</b>	12 lb	13 lb	14 lb

**Table 2.** Recommended process time for **Chile Con Carne** in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
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Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	75 min	<b>10 lb</b>	15 lb

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This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015.

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