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UCCE Master Food Preservers of Sacramento County

Monthly Wednesday Night Demonstration

February 20, 2019

Entrees in a Jar



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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Jerky

Source: So Easy to Preserve, 2014 (<https://nchfp.uga.edu/how/dry/jerky.html>)

Jerky Marinade

1 1/2 - 2 pounds of lean meat (beef, pork or venison)	1/4 teaspoon each of black pepper and garlic powder
1/4 cup soy sauce	1/2 teaspoon onion powder
1 tablespoon Worcestershire sauce	1 teaspoon hickory smoke-flavored salt

Preparing the Meat

Partially freeze meat to make slicing easier. The thickness of the meat strips will make a difference in the food safety of this method. Slice meat no thicker than 1/4 inch. Trim and discard all fat from meat because it becomes rancid quickly. If a chewy jerky is desired, slice with the grain. Slice across the grain for a more tender, brittle jerky. A tenderizer can be used according to package directions, if desired. The meat can be marinated for flavor and tenderness. Marinade recipes may include oil, salt, spices and acid ingredients such as vinegar, lemon juice, teriyaki, or soy sauce or wine.

Combine all ingredients. Place strips of meat in a shallow pan and cover with marinade. Cover and refrigerate 1-2 hours or overnight. Products marinated for several hours may be saltier than some people prefer. If you choose to heat the meat prior to drying to decrease the risk of foodborne illness, do so at the end of the marination time. To heat, bring strips and marinade to a boil and boil for 5 minutes before draining and drying. If strips are more than 1/4 inch thick, the length of time may need to be increased. If possible, check the temperature of several strips with a metal stem-type thermometer to determine that 160°F has been reached.

Drying the Meat

Remove meat strips from the marinade and drain on clean, absorbent towels. Arrange strips on dehydrator trays or cake racks placed on baking sheets for oven drying. Place the slices close together, but not touching or overlapping. Place the racks in a dehydrator or oven preheated to 140°F. Dry until a test piece cracks but does not break when it is bent (10 to 24 hours for samples not heated in marinade). Samples heated in marinade will dry faster. Begin checking samples after 3 hours. Once drying is completed, pat off any beads of oil with clean, absorbent towels and cool. Remove strips from the racks. Cool. Package in glass jars or heavy plastic food storage bags. Vacuum packaging is also a good option.

If the strips were not heated in marinade prior to drying, they can be heated in an oven after drying as an added safety measure. Place strips on a baking sheet, close together, but not touching or overlapping. For strips originally cut 1/4 inch thick or less, heat 10 minutes in an oven preheated to 275°F. (Thicker strips may require longer heating to reach 160°F.)

Storing the Jerky

Properly dried jerky will keep at room temperature two weeks in a sealed container. For best results, refrigerate or freeze jerky.

Spicy Black Bean Soup Mix

Source: Backpack Gourmet

Ingredients

1-1/2 cups dried black beans	1 teaspoon garlic powder
1/4 cup dried parsley flakes	1 teaspoon black pepper
1/4 cup packed brown sugar	1/2 teaspoon paprika
3 tablespoons chili powder	1/2 teaspoon unsweetened cocoa powder
2 tablespoons dried minced onion	1/4 teaspoon salt
1 1/2 teaspoons dried cilantro	1/4 teaspoon ground cumin
1 teaspoon dried oregano	4 cubes vegetable bouillon, unwrapped

Directions

- Pour beans into 1-pint wide-mouth jar with tight-fitting lid. Combine remaining ingredients in small resealable food storage bag. Seal bag and place in jar. Seal jar.
- Cover top of jar with fabric. Attach gift tag with ribbon or twine.

Spicy Black Bean Soup

Yield: 4 to 6 servings

Ingredients

1 jar Spicy Black Bean Soup Mix
 6 cups chicken or vegetable broth
 1 can (about 14 ounces) diced tomatoes
 Shredded mozzarella or cheddar cheese (optional)

Directions

- Remove seasoning bag from jar; set aside. Place beans in large saucepan; add water to cover by 1 inch. Bring to a boil over high heat. Reduce heat to low; cover and simmer 5 minutes. Remove from heat; cover and let stand 1 hour.
- Drain beans; return to saucepan. Add broth, tomatoes and contents of seasoning bag; bring to a boil over high heat. Reduce heat to low; cover and simmer 1 hour 45 minutes or until beans are tender. Serve with cheese, if desired.

Friendship Soup Mix

Source: Backpack Gourmet

Ingredients

1/3 cup beef bouillon granules	1/3 cup uncooked long grain white rice
1/4 cup dried minced onion	1/2 cup dried red or born lentils
1/2 cup dried green or yellow split peas	1/2 cup uncooked elbow macaroni
1/4 cup uncooked wild rice	1 to 1 1/3 cups uncooked tri-colored rotini pasta (or enough to fill jar)

Directions

- Layer ingredients in order listed in 1-quart wide-mouth jar with tight-fitting lid. Pack down firmly after each layer. Seal Jar.
- Cover top of jar with fabric. Attach gift tag with ribbon or twine.

Friendship Soup

Yield: 12 servings

Ingredients

1 jar Friendship Soup Mix
 6 cups water
 6 cups reduced-sodium vegetable broth
 2 teaspoons black pepper
 1/2 to 1 pound ground beef or turkey, browned and drained (optional)

Directions

- Remove pasta from jar; set aside.
- Combine water and broth in large saucepan; bring to a boil over high heat. Add remaining contents of jar; return to a boil. Reduce heat to low; cover and simmer 20 to 30 minutes or until rice, lentils and split peas are tender.
- Add pasta, pepper and ground beef, if desired, to saucepan; bring to a boil over high heat, stirring occasionally. Reduce heat to low; cover and simmer 10 to 12 minutes or until pasta is tender.

Fruity Whole Grain Cereal Mix

Source: Backpack Gourmet

Ingredients

1-1/4 cup uncooked instant brown rice	2 tablespoons packed brown sugar
1/4 cup uncooked quick-cooking pearled barley	1/2 teaspoon ground cinnamon
1/4 teaspoon salt	1/3 cup golden raisins
1/4 cup oat bran	1/4 cup finely chopped dried dates
1/4 cup quick oats	1/4 cup finely chopped dried plums

Directions

- Combine rice, barley and salt in small resealable food storage bag; seal bag. Layer remaining ingredients in 1-pint jar with tight-fitting lid in following order:
 - oat bran
 - oats
 - brown sugar
 - cinnamon
 - raisins
 - dates
 - dried plums
- Pack down firmly after each layer. Top with bag of rice mixture. Seal Jar.
- Cover top of jar with fabric. Attach gift tag with ribbon or twine.

Fruity Whole Grain Cereal

Yield: 6 (1/2 cup) servings

Ingredients

1 jar Fruity whole Grain Cereal Mix
 2 cups water
 1/2 cup milk

Directions

- Remove bag from jar. Combine water and contents of bag in large saucepan; bring to a boil over high heat. Reduce heat to low; cover and simmer 8 minutes or until rice and barley are tender but still slightly firm.
- Stir in remaining contents of jar and milk; cover and simmer 3 to 5 minutes or until cereal is creamy, stirring occasionally. Serve hot.

Breakfast Casserole

Source: Backpack Gourmet

Ingredients

1 tablespoon olive oil	9 eggs
1 onion, minced	2-1/2 cups milk
10 fresh mushrooms, minced	1/4 cup minced fresh parsley leaves
8-1/2 cups day-old whole-grain bread cubes	1 teaspoon salt
2 cups grated cheddar cheese	1/2 teaspoon cayenne pepper

Directions

1. Heat a skillet over medium-low heat, then add oil
2. When the oil is hot, add onion and mushrooms. Cook for 7 minutes, stirring occasionally.
3. Preheat oven to 325°.
4. Oil a 10x13 casserole dish. Place bread cubes in dish.
5. Sprinkle cheese over the bread cubes.
6. Spoon the mushroom mixture over the cheese.
7. Beat remaining ingredients together in a large bowl. Pour egg mixture over the bread, cheese and mushrooms
8. Bake for 20 minutes, or until firm.
9. Spread on covered dehydrator trays and dehydrate for 5 ½ hours at 145°.
10. To rehydrate, cover with water just above level of food in pot, boil, stir and serve.

Spaghetti Sauce without Meat

Source: So Easy to Preserve (https://nchfp.uga.edu/how/can_03/spaghetti_sauce.html)

30 pounds tomatoes	2 tablespoons oregano
1 cup chopped onions	4 tablespoons minced parsley
5 cloves garlic, minced	2 teaspoons black pepper
1 cup chopped celery or green pepper	1/4 cup brown sugar
1 pound fresh mushrooms, sliced (optional)	1/4 cup vegetable oil
4-1/2 teaspoons salt	

Yield: About 9 pints

Procedure: Caution: Do not increase the proportion of onions, peppers, or mushrooms. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in large saucepan. Put through food mill or sieve. Sauté onions, garlic, celery or peppers, and mushrooms (if desired) in vegetable oil until tender. Combine sautéed vegetables and tomatoes and add remainder of spices, salt, and sugar. Bring to a boil. Simmer uncovered, until thick enough for serving. At this time the initial volume will have been reduced by nearly one-half. Stir frequently to avoid burning. Fill jars, leaving 1-inch headspace. Adjust lids and process according to the recommendations in [Table 1](#) or [Table 2](#), depending on the method of canning used.

Table 1. Recommended process time for **Spaghetti Sauce Without Meat** in a dial-gauge pressure canner.

			Canner Gauge 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	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25	11	12	13	14

Table 2. Recommended process time for **Spaghetti Sauce Without Meat** in a weighted-gauge pressure canner.

			Canner Gauge Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	20 min	10 lb	15 lb
	Quarts	25	10	15

Canning Chicken

Source: USDA Complete Guide to Home Canning (Rev. December 2019)

1. Remove excess fat. Cut chicken into suitable sizes for canning. Can with or without bones.
2. **Hot pack** – Boil, steam or bake meat until about two-thirds done. Add 1 teaspoon salt per quart to the jar if desired. Fill jars with pieces and hot broth, leaving 1-1/4 inch headspace. Wipe rims with vinegar. **Raw pack** – Add 1 teaspoon salt per quart if desired. Fill jars loosely with raw meat pieces, leaving 1-1/4 inch headspace. Do not add liquid.
3. Adjust lids and process according to the pressure canner used.

Dial-gauge Canner Pressure at Altitudes of:						
Style of Pack	Jar Size	Process Time	0 – 2000 ft.	2,001 – 4,000 ft.	4,001 – 6,000 ft.	6,001 – 8,000 ft.
Without Bones: Hot and Raw	Pints	75 min.	11 lb.	12 lb.	13 lb.	14 lb.
	Quarts	90 min.	11 lb.	12 lb.	13 lb.	14 lb.
With Bones: Hot and Raw	Pints	65 min.	11 lb.	12 lb.	13 lb.	14 lb.
	Quarts	75 min.	11 lb.	12 lb.	13 lb.	14 lb.

Weighted-gauge Canner Pressure (PSI) at Altitudes of				
Style of Pack	Jar Size	Process Time	0 – 1000 ft.	Above 1,000 ft.
Without Bones: Hot and Raw	Pints	75 min	10 lb.	15 lb.
	Quarts	90 min	10 lb.	15 lb.
With Bones: Hot and Raw	Pints	65 min	10 lb.	15 lb.
	Quarts	75 min	10 lb.	15 lb.

What to Make!

When your chicken is canned it will be “fall apart tender” that is, when you take it out of the jar, it will fall apart. So, remember it isn’t going to look like a nice full chicken breast – but it will taste great!

Seven Can Chicken Tortilla Soup

Ingredients

- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 1 (14.5 oz) can diced tomatoes, drained
- 1 (15 oz) can sweet corn, drained
- 1 (12.5 oz) can chicken breast, drained*
- 1 (10 oz) can green enchilada sauce
- 1 (14 oz) can chicken broth
- 1 (1.25 oz) packet taco seasoning
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/4 teaspoon ground black pepper

If any of the spices don't appeal to you simply don't use them. If you think something else would make it perfect, by all means add it to the pot.

Instructions

1. Add all ingredients into your pot. Bring to a boil, then let simmer on low for 30 minutes. This would also be great in your slow cooker.
2. Serve with shredded cheese, sour cream, diced avocados and tortilla chips

Chicken Cakes and Remoulade Sauce

Yield: about 8 cakes

Ingredients

- 2 tablespoons butter or 2 tablespoons butter or margarine
- 1/2 medium red bell pepper, diced
- 4 green onions, thinly sliced
- 1 garlic clove, pressed
- 3 cups chicken, precooked and chopped
- 1 cup soft breadcrumbs
- 1 large egg, lightly beaten
- 2 tablespoons mayonnaise
- 3 tablespoons mustard, divided into 1 tbsp and 2 tbsp portions
- 2 teaspoons creole seasoning (store bought or make your own)
- 1/4 cup vegetable oil
- 1 cup mayonnaise
- 3 green onions
- 2 garlic cloves, pressed
- 1 tablespoon parsley, fresh, chopped
- 1/4 teaspoon ground red pepper
- green onion, sliced

Directions

1. Melt butter in a large skillet over medium heat. Add bell pepper, 4 sliced green onions, and 1 pressed garlic clove. Sauté 3 to 4 minutes until tender.
2. Stir together bell pepper mixture, chopped chicken, 1 cup soft breadcrumbs, 1 large beaten egg, 2 tbsp mayo, 1 tbsp creole mustard, and 1 tsp creole seasoning. Shape chicken mixture into 8 (3-1/2 inch) patties.
3. Fry 4 patties in 2 tbsp hot oil in a large skillet over medium heat 3 minutes on each side or until golden brown. Drain on paper towels. Repeat process once until patties are done.
4. Remoulade Sauce:
5. Stir together 1 cup mayo, 3 sliced green onions, 2 tbsp mustard, 2 pressed garlic cloves, 1 tbsp chopped fresh parsley, and 1/4 tsp ground red pepper. Cover and chill until ready to serve.
6. Serve chicken patties topped with remoulade sauce. Garnish with sliced green onions. Enjoy!

Southwest Hot Chicken Dip

Ingredients

- 8 oz cream cheese
- 16 oz sour cream
- 6 tablespoons unsalted butter
- 1 cup parmesan cheese shredded
- 1 1/2 cups 6 oz mild cheddar, shredded
- 12 oz can chunk chicken breast drained
- 4 oz can Diced jalapeños the hot variety, drained
- 15 oz can Black beans rinsed and drained
- 15 oz can yellow Corn or 1 1/2 cups freshly cooked corn kernels, drained
- 2 garlic cloves pressed

To Serve and Optional Garnish:

- Tortilla chips or crackers to Serve
- Mild cheddar shredded for topping
- 1 roma tomato, diced
- 1 avocado diced

Instructions

1. In a medium pot over medium heat, combine 8oz cream cheese, 16 oz tub sour cream and 6 Tbsp unsalted butter and melt together, whisking until blended.
2. Stir in 1 cup parmesan and 1 1/2 cups cheddar cheese and mix until cheese is melted. It should start to bubble.
3. Stir in chicken, jalapeños, black beans, yellow corn and 2 cloves of pressed garlic. Bring to a light boil and remove from heat. Garnish if desired and serve warm or hot.

Canning Soup

Source: National Center for Home Food Preservation, 2019
(https://nchfp.uga.edu/how/can_04/soups.html)

No Reputable Canning Recipe?

Prep Food:

1. Select, wash, and prepare vegetables, meat and seafood per as described for the specific foods in their own canning instructions.
2. Cover meat with water, cook until tender. Cool meat, remove bones.
3. Cook vegetables as described for a hot pack.
4. For each cup of dried beans or peas, add 3 cups of water, boil 2 minutes, remove from heat, soak 1 hour, heat to boil and drain.

Heat Soup:

1. Combine solid ingredients with meat broth, tomatoes, or water to cover.
2. Do not add thickening agents to home canned soups before canning (noodles or other pasta, rice, flour, cream, milk, etc.) Do not puree.
3. Boil 5 minutes. Salt to taste, if desired.

Process Soup:

1. Fill jars with half solid mixture and half soup liquid, leaving 1-inch headspace.
2. Place lids and rings on jars and process, adjusting for altitude.

<i>Soups in a dial-gauge pressure canner at altitudes of:</i>						
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	60* min	11 lb	12 lb	13 lb	14 lb
	Quarts	75*	11	12	13	14

<i>Soups in a weighted-gauge pressure canner at altitudes of:</i>				
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	60* min	10 lb	15 lb
	Quarts	75*	10	15

* Contains seafood? Process 100 minutes, adjust pressure for altitude.

Sample Canned Soup: **Kale, Potato, Bean & Chorizo Soup**

Step 1: Get the ingredients for your favorite soup.

Example: Kale, Potato, Bean & Chorizo Soup (*Source: food.com*)

- 1 lb dried great northern beans
- 1 lb chorizo sausage
- 1 lb diced potato
- 1 cup diced celery
- 1 cup diced shallots or 1 cup onion, of your choice
- 1 whole head of garlic, peeled and chopped fine
- 10 cups chicken stock or 10 cups water, plus additional
- 1 bunch kale, thoroughly washed, stems removed
- Salt & freshly ground black pepper
- 2 -3 tablespoons of your favorite hot sauce (optional)
- Heavy cream or milk, for serving

Step 2: Review pressure canning soups checklist. Are there any prohibited items?

- Noodles: *No*
- Rice: *No*
- Flour: *No*
- Dairy: *No, not until serving*
- Pureed food: *No*
- Raw meat: *Yes, cook it first, drain excess grease*
- Dried beans: *Yes, soak 1 hour, boil and drain*
- Will there be enough liquid? *Maybe. Have extra hot broth or water, just in case*

Step 3: Prep the rest of the ingredients.

- Cut potatoes into 1-2 inch pieces so they'll stay firm.
- Boil the celery, shallots, and garlic for 5 minutes.

Step 4: Make the soup.

- Combine all ingredients (except the cream/milk used for serving).
- Boil for 5 minutes. (It will finish cooking in the pressure canner.)

Step 5: Can the soup.

- Using a slotted spoon, fill jars halfway with solid mixture, then top off to 1-inch headspace with the soup's liquid.
- Wipe jar rims with vinegar to remove any grease or soup mixture. Apply lids & rings.
- Pressure can pints for 60 minutes and quarts for 75 minutes using the poundage for your elevation.