

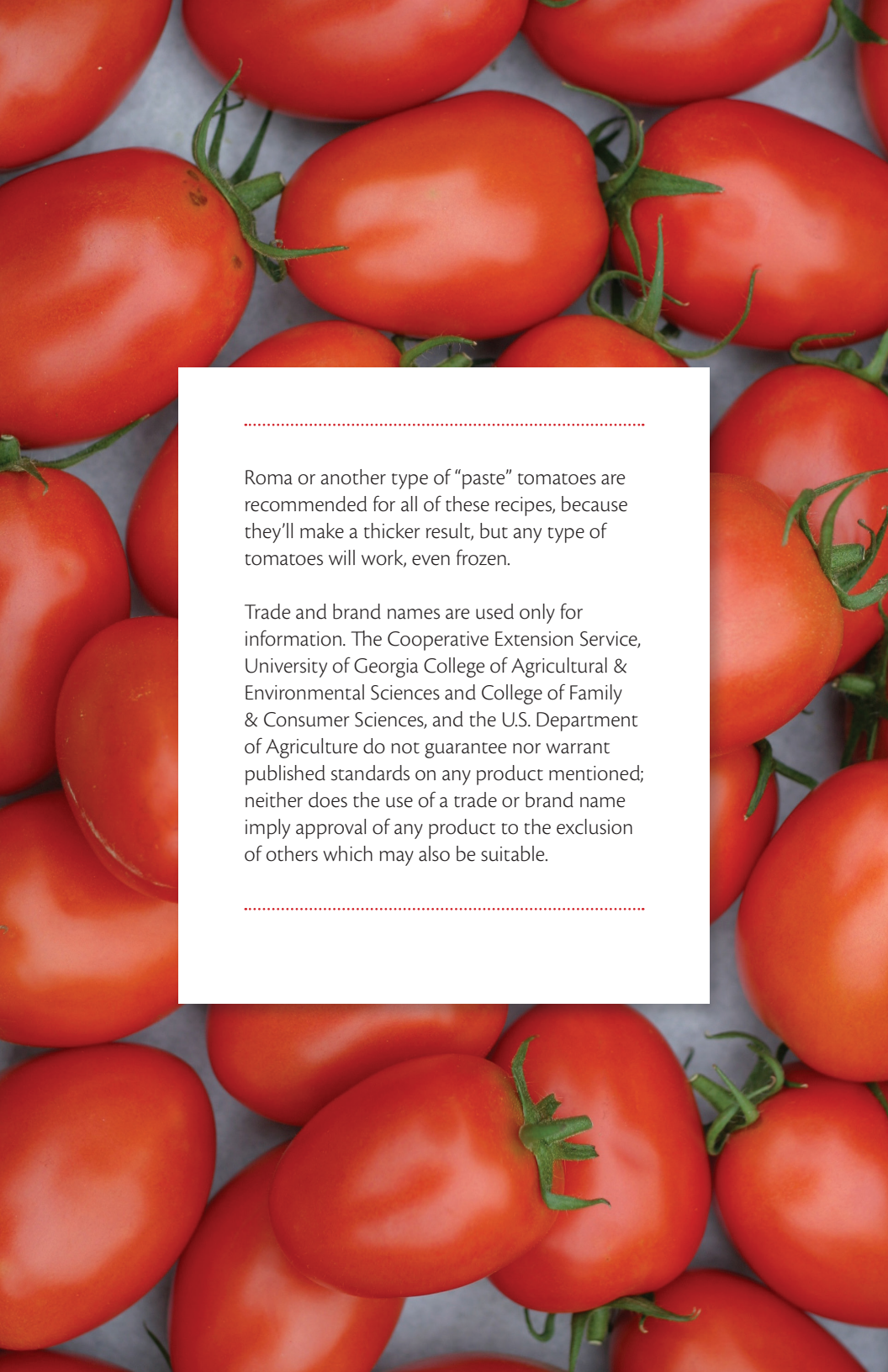
# YOU CAN DO IT

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COOKING WITH WIC



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Roma or another type of “paste” tomatoes are recommended for all of these recipes, because they’ll make a thicker result, but any type of tomatoes will work, even frozen.

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# WHY CAN?

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- Canning is a great way to save food for later so it doesn't go to waste.
- Canning can be a way to save money.
- Canning ensures your family is eating food exactly the way you want it – just right seasoning, less sugar or salt, and no preservatives, or other ingredients you want to avoid.
- Home canned foods make great gifts.

Different Canning Methods	Safe?	Special Equipment?
Pressure Canning	Yes	Yes
Steam Canning	Yes	Yes
Boiling Water Bath Canning	Yes	No
Oven Canning	No	
Open Kettle/Inversion Canning (hot food + hot jar = seal)	No	
Wax Seals	No	

## Equipment

- Mason jars
- Flat lids (*use new ones every time!*)
- Rings
- Wide mouth funnel
- Jar tongs or a waterproof oven mitt
- Big pot (*2 inches deeper than your jars*)
- A canning rack, waterproof trivet or cake rack, or a dishtowel to line your pot
- Paper towels
- Dish towels
- Ladle
- Rubber scraper
- Plastic knife or a wooden chopstick
- Basic cooking equipment (*to make your recipe to can!*)

## To make the recipes in this booklet you'll need:

- Sharp knife and cutting board
- Garlic press
- Rubber glove or a small plastic bag (*for handling hot peppers*)
- Measuring cups and spoons
- 13x9 glass baking dish
- Large pot or pan
- Potato masher
- Blender (*if you want smooth pizza sauce, BBQ sauce, or ketchup*)
- Timer
- Paper coffee filter and food safe string







# CHOICE SALSA

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- 3 cups peeled, cored, seeded and chopped ripe tomatoes (*about 12 roma tomatoes*)
- 4 ½ cups diced onions and/or peppers of any variety (*See Note\**)
- ¾ cup commercially bottled lemon or lime juice (*do not use vinegar or key lime juice*)
- 1 ½ teaspoons canning or pickling salt

**\*Note:** In the video, we used 2 cups chopped onion, 2 big cloves of pressed garlic, 2 chopped poblano peppers, 2 chopped habanero peppers, 2 chopped jalapeno peppers, and chopped sweet yellow pepper to make a total of 4 ½ cups of peppers, onions and garlic together. This made a moderately hot salsa. For a milder salsa, substitute bell peppers for some of the hot peppers. As long as the total amount of peppers, onions, and garlic is 4 ½ cups or less, your salsa will be safe.

**Yield:** About 3 pint jars

Wash and rinse pint or half-pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.

Cut stem end out of tomatoes, cut in half crosswise, and scoop out the seeds.

Roast in a 13x9 baking dish at 300 degrees for an hour.

Remove skins and chop roughly.

While tomatoes are roasting, chop onions and peppers into ¼-inch pieces. Use plastic or rubber gloves while handling hot peppers and do not touch your face or eyes. Remove pepper seeds and membranes for a milder salsa.

Combine prepared ingredients in a large pot; add lemon or lime juice and salt. Bring to a boil over medium heat while stirring. Reduce heat and simmer salsa for an additional 3 minutes, stirring as needed to prevent scorching.

Pour the hot salsa into prepared hot jars, leaving 1/2-inch headspace. If needed, remove air bubbles and re-adjust headspace to ½-inch. Wipe rims of jars with a dampened clean paper towel. Adjust lids and bands.

Process in a boiling water canner for 15 minutes. Let cool, undisturbed, 12 to 24 hours and check for seals.

*Developed at The University of Georgia, Athens. Released by Elizabeth L. Andress, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. August 2013.*

# PIZZA SAUCE

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- 5 pounds roma tomatoes
- ¼ cup chopped onions
- ¼ teaspoon crushed red pepper flakes
- 1 tablespoon dry Italian Seasoning
- ½ teaspoon garlic powder
- Bottled lemon juice

**Yield:** About 7 half pint jars

Wash and rinse pint or half-pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.

Cut stem end out of tomatoes, cut in half crosswise, and scoop out the seeds.

Roast in a 13x9 baking dish at 300 degrees for two hours.

Remove skins and mash or puree tomatoes.

Add onions and spices. Return to oven for another hour.

If desired, puree again. Make sure you scrape the sides of the pan to get any browned edges.

Add a ½ tablespoon lemon juice to each half pint jar or 1 tablespoon if using pints. Fill jars with hot pizza sauce, leaving ½ inch headspace. If needed, remove air bubbles and re-adjust headspace to ½-inch. Wipe rims of jars with a dampened clean paper towel. Adjust lids and bands.

Process in a boiling water canner for 35 minutes. Let cool, undisturbed, 12 to 24 hours and check for seals.

*Developed by Heather Odenwald, MS-MPH, RDN/LD*









# TOMATO SAUCE

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- About 2 ½ pounds tomatoes per pint
- Bottled lemon juice, 1 tablespoon per pint
- Salt, optional, ½ teaspoon per pint

Wash and rinse pint or half-pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.

Cut stem end out of tomatoes, cut in half crosswise, and scoop out the seeds.

Roast in a 13x9 baking dish at 300 degrees for an hour.

Remove skins and puree tomatoes. If thicker sauce is desired, boil on stovetop to desired consistency (more tomatoes will be needed to fill the same number of jars, about 3 ½ pounds per pint).

Add lemon juice, and salt if desired, to each pint jar. Fill jars with hot sauce leaving ¼ inch headspace. If needed, remove air bubbles and re-adjust headspace to ½-inch. Wipe rims of jars with a dampened clean paper towel. Adjust lids and bands.

Process in a boiling water canner for 35 minutes. Let cool, undisturbed, 12 to 24 hours and check for seals.

*This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009.*

# TOMATO PASTE

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- 8 quarts peeled, cored chopped tomatoes (*about 4 dozen large*)
- 1½ cups chopped sweet red peppers (*about 3*)
- 1 teaspoon canning or pickling salt
- 2 bay leaves
- 1 clove garlic (*optional*)

**Yield:** About 9 half-pints or 18 quarter-pints

Wash and rinse quarter-pint or half-pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.

Cut stem end out of tomatoes, cut in half crosswise, and scoop out the seeds.

Roast in a 13x9 baking dish at 300 degrees for an hour.

Remove skins and chop roughly. Add peppers and salt and cook slowly 1 hour.

Puree or press through a fine sieve. Add garlic clove and bay leaves, continue cooking slowly until thick enough to round up on a spoon, about 2½ hours. Stir frequently to prevent sticking. Remove garlic clove and bay leaves.

Fill jars with boiling hot paste leaving ¼ inch headspace. If needed, remove air bubbles and re-adjust headspace to ½-inch. Wipe rims of jars with a dampened clean paper towel. Adjust lids and bands.

Process in a boiling water canner for 45 minutes. Let cool, undisturbed, 12 to 24 hours and check for seals.

*This document was extracted from "So Easy to Preserve", 5th ed. 2006. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Andress. Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.*







# CRUSHED TOMATOES

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- 14 pounds tomatoes
- Bottled lemon juice, 1 tablespoon per pint
- Salt, optional, ½ teaspoon per pint

**Yield:** about 9 pints

Wash and rinse pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.

Cut stem end out of tomatoes, cut in half crosswise, and scoop out the seeds.

Roast in a 13x9 baking dish at 300 degrees for an hour.

Remove skins and mash with a potato masher.

Add lemon juice, and salt if desired, to each pint jar. Fill jars with hot crushed tomatoes leaving 1/2 inch headspace. If needed, remove air bubbles and re-adjust headspace to ½-inch. Wipe rims of jars with a dampened clean paper towel. Adjust lids and bands.

Process in a boiling water canner for 35 minutes. Let cool, undisturbed, 12 to 24 hours and check for seals.

*This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009.*



# BARBECUE SAUCE

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- 4 quarts (16 cups) peeled, cored, chopped red ripe tomatoes (*about 24 large tomatoes*)
- 2 cups chopped celery
- 2 cups chopped onions
- 1½ cups chopped sweet red or green peppers (*about 3 medium peppers*)
- 2 hot red peppers, cored, and chopped
- 1 teaspoon black peppercorns
- 2 cloves garlic, crushed
- 1 cup brown sugar
- 1 tablespoon dry mustard
- 1 tablespoon paprika
- 1 tablespoon canning salt
- 1 teaspoon hot pepper sauce (*e.g., Tabasco®*)
- 1/8 to 1¼ teaspoon cayenne pepper
- 1¼ cups of (5%) vinegar

**Yield:** About 4 pints

Wash and rinse pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.

Cut stem end out of tomatoes, cut in half crosswise, and scoop out the seeds.

Roast in a 13x9 baking dish at 300 degrees for an hour.

Remove skins and chop or mash with a potato masher.

While tomatoes are roasting, chop celery, onions, and peppers. Use plastic or rubber gloves while handling hot peppers and do not touch your face or eyes. Remove pepper seeds and membranes for a milder sauce.

Combine prepared tomatoes, celery, onions, and peppers. Cook until vegetables are soft (about 30 minutes). Puree using a fine sieve, food mill, food processor or blender. Cook until mixture is reduced to about one half, (about 45 minutes).

Tie peppercorns in a cheesecloth bag or a paper coffee filter; add with remaining ingredients and cook slowly until mixture is the consistency of catsup, about 1½ to 2 hours. As mixture thickens, stir frequently to prevent sticking. Remove bag of peppercorns.

Fill hot sauce into clean, hot jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner for 20 minutes. Let cool, undisturbed, 12 to 24 hours and check for seals.



**Note:** There are many types of barbecue sauce recipes and the acidity will vary among recipes. This canning process is intended for this recipe and procedure.



*This document was adapted from "So Easy to Preserve", 6th ed. 2014. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Andress, Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists. Reviewed August 2016.*





# SPICY, SMOKY SKILLET KETCHUP

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- 2 pounds tomatoes
- ½ cup sugar
- 4 tablespoons lemon juice
- 1 tablespoon grated fresh ginger
- 2 teaspoon red pepper flakes
- 1 heaping teaspoon smoked paprika
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon onion powder
- 1 whole, peeled garlic clove

**Yield:** 2 half-pints

Wash and rinse pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.

Cut stem end out of tomatoes, cut in half crosswise, and scoop out the seeds.

Roast in a 13x9 baking dish at 300 degrees for an hour.

Puree in a blender and add to a 12 inch skillet with the remaining ingredients. Cook down over high heat, until it looks glossy and thick, rather than watery.

Remove garlic.

Fill hot ketchup into clean, hot jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner for 15 minutes. Let cool, undisturbed, 12 to 24 hours and check for seals.

*Recipe adapted by Heather Odenwald, MS-MPH, RDN/LD from FoodInJars.com, by Marisa McClellan.*

# HOW TO CAN

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Line the area near the stove with dish towels to make messes easier to clean and avoid the risk of broken jars or melted counters.

Fill your pot 3/4 full with water and about a half cup of white vinegar (to prevent hard water buildup in pot and on jars), and put on to boil.

Wash enough jars, lids, and rings for your entire recipe in hot soapy water. A couple extra is usually a good idea. Keep jars warm in the dishwasher or in the canner.

Prepare recipe exactly as printed.

Remove hot jars from canner.

Fill jars as directed in the recipe. Add bottled lemon juice to the bottom of each jar if the recipe says to. Head space is the space from the top of the food to the rim of the jar. Having the right of head space ensures a sealed jar. If you see any big bubbles in your food, use a plastic knife or a chopstick to nudge them up to the top of the jar. If needed, add more food to make sure the headspace is right.

Wipe rims of jars with a damp paper towel. Center a lid and add a ring, tight but not too tight, just until you start to feel resistance.

Place hot, filled jars under boiling water. Water should be at least one inch deeper than the jars.

Wait for water to come back up to a rolling boil, then set your timer to boil for the amount of time listed in the recipe.

Remove jars, set aside on a dishtowel to cool and seal.

Check your seal once the jars have cooled. There is a pop-up button in the middle of each lid. If this pops up and down when you press on it, your jar did not seal. If it does not move when you press on it, you have a good seal. You can also check by removing the ring and lifting the jar just off the counter by the edges of the flat lid.

Store sealed jars without rings, eat within a year for best taste.

If a jar does not seal, you can store in the fridge to eat in the next few days, or bring the contents up to a boil, pour into a clean jar, place a new lid, and process again, as directed in the recipe.



## Safety

Safe canning requires a careful balance of high temperature and high acid for enough time. These three together keep food from spoiling and keep your family safe. The easiest way to make sure of this is to use a tested recipe from a trusted source, and to follow it exactly.

A sealed canning jar is a perfect place for bacteria called BOTULISM to grow and make a toxin that can be fatal. By boiling a canning jar full of an acidic food like fruit, tomatoes with a little bit of lemon juice, or pickles for enough time, botulism is deactivated and the food is safe for storage at room temperature. Foods like soup, plain vegetables, and beans are too low in acid to be safely canned in a boiling water bath and require pressure canning to be safe. Adding enough acid to these foods to make them safe to can in a boiling water bath would make them taste bad. If your recipe calls for adding an acid, like lemon or lime juice, make sure you use bottled juice. If it calls for adding vinegar, make sure you use vinegar labeled 5% acid.

Make sure your jars don't have any cracks or chips, and don't set hot jars on a cold surface – this helps keep your jars from breaking. Chips on the rim of your jar could also keep your jar from sealing. You also want to look at your new lids before using them, because if they're damaged, or have been used before, they might not seal.

## How to know if canned food you've stored isn't safe:

- **Damaged Seal:** the lid is swollen, has popped off, or is no longer sealed (*check the pop-up button*). Store your jars without rings so you can see right away.
- **Leaking:** it's ok if food leaks out right after you pull them out of the boiling water as long as the jars seal, but not if it happens after the jar has cooled. Wash your jars before storing if this happens so you'll know if it leaks again later.
- **Look:** see if the food inside the jar is discolored. A little bit of browning is normal, but green, pink, or white may mean mold. If it looks fuzzy, it's probably moldy.
- **Bubbles:** if bubbles are present, your food is safe if they're still. If they're fizzing around on their own, your food is not safe.
- **Food that's floating in liquid, or not completely covered in liquid is safe.**

If you see any of these signs that your food has spoiled, throw it away! Don't taste it, don't smell it, just toss it.

## Canning Resources

- Your county extension office or website <http://oces.okstate.edu/oklahoma/>
- The Ball Blue Book
- [www.Freshpreserving.com](http://www.Freshpreserving.com)
- [www.foodinjars.com](http://www.foodinjars.com)
- USDA Complete Guide to Home Canning
- So Easy to Preserve Book or DVDs
- National Center for Home Food Preservation <http://nchfp.uga.edu/index.html>



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