

# How to can Green Beans, by Linda Thomas

Beans, Snap and Italian - Pieces, Green and Wax

Quantity: An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 12 to 20 quarts – an average of 2 pounds per quart.

Quality: Select firm but tender, crisp pods. Remove and discard diseased and rusty pods.

Procedure: Wash beans and trim ends. Leave whole or cut or snap into 1-inch pieces.



Wash jars, lids and rings. Place lids and rings in warm water 180 degrees and soak until ready to use.



There are two options when canning green beans a “**Raw Pack or Hot Pack**” (I used the raw pack method when I processed the beans).

**Option 1: Raw Pack** – Add 1 teaspoon of canning salt per quart or 1/2 teaspoon for pint jars, if desired to jar. Fill jars tightly with raw beans, leaving 1-inch headspace.



Add boiling water, leaving 1-inch headspace.



Do not fill beans or water over the bottom ring on the top of jar. The jar needs the suggested “head space to seal properly”

**Option 2: Hot Pack Method:** You can also cook the green beans first and do the “Hot pack Method” –Add 1 teaspoon of canning salt per quart to the jar or 1/2 teaspoon for pints, if desired. Put green beans in large pot cover with boiling water; boil 5 minutes. Fill jars loosely with beans, leaving 1-inch headspace. Cover beans with hot cooking liquid, leaving 1-inch headspace.

Remove air bubbles by running a small spatula or butter knife around the inside of jar.



Remove air bubbles

Wipe top of jars with wet paper towel. Adjust lids and rings on jars, lightly tighten \*see below note. Add 1 tablespoon of white vinegar to the water in the pressure canner, this will prevent hard water spots from forming on the jars. Process in a pressure canner following the recommendations in Table 1 or Table 2 for processing time. **Please read the instructions for YOUR pressure canner for the proper processing of foods according to the type of canner being used. (There is no safe option for processing green beans in a boiling water canner. Vegetables and meats must be processed in a pressure canner.)**



**\*Side Note Regarding Lids and Rings.** Lids today are made with a different sealing compound--you should NOT boil them, they should sit in warm 180 degree water until you use them. Tighten the rings finger tight, don't crank them down, because that can result in the sealing compound being squished (technical term) out, and jars that don't seal. Remove the rings after processing in pressure canner and NEVER tighten after canning. Tightening after canning can break the seal. If you leave the rings on, they rust, and they can also hide bad seals. If they rust on, and the flats come off when you remove the ring, you don't know if the jar was sealed properly. Just trying to keep you safe! I do put rings back on when I give jars away, or transport them for any reason.

After processing and the pressure in the canner has dropped to zero and **cooled**. Remove jars from canner. Place on towel and let jars sit for 12 hours before storing. Make sure that the lids have sealed completely before storing. Hold the jar at eye level and look across the lid. The lid should be concave (curved down slightly in the center) or press the middle of the lid with a finger or thumb. If the lid springs up when you release your finger, the lid is unsealed. Canned green beans can be stored in a cool dark place for up to two years.



**Table 1.** Recommended process time for **Snap and Italian Beans** 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 and Raw	Pints	20 min	<b>11 lb</b>	12 lb	13 lb	14 lb
	Quarts	25	<b>11</b>	12	13	14

**Table 2.** Recommended process time for **Snap and Italian Beans** in a weighted-gauge pressure canner.

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

**Table 2.** Recommended process time for **Snap and Italian Beans** in a weighted-gauge pressure canner.

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