



Food  
Preservation  
for Youth

Method 1: Boiling Water Canning (Adv.)

## Can My Salsa

### Ingredients:

for about 6 pint or 12 half-pint jars

(check canner capacity)

- \_\_\_ 6 cups (~ 5 lbs.) tomatoes
- \_\_\_ 9 cups (~ 3 lbs.) onions and/or peppers of any variety
- \_\_\_ 1½ cups commercially bottled lemon or lime juice
- \_\_\_ 3 teaspoons canning or pickling salt
- \_\_\_ Ingredients from 'Want to Experiment?' (optional)

### Equipment:

- \_\_\_ Gas or electric stovetop range with four burners
- \_\_\_ Boiling water canner (or large stockpot) with rack
- \_\_\_ Pint or half-pint canning jars
- \_\_\_ Two-piece metal ring bands and canning lids
- \_\_\_ Jar lifter and funnel
- \_\_\_ Headspace tool
- \_\_\_ Bubble freer or narrow spatula
- \_\_\_ Medium saucepan
- \_\_\_ Large stockpot
- \_\_\_ Large colander or bowl
- \_\_\_ Large mixing bowl for ice/cold water
- \_\_\_ Small paring knives and larger chef's knives
- \_\_\_ Cutting boards
- \_\_\_ Large ladle, large spoon, and slotted spoon
- \_\_\_ Dry and liquid measuring cups
- \_\_\_ Measuring spoons
- \_\_\_ Permanent marker, or labels and pens
- \_\_\_ Food-handling gloves (if using hot peppers)
- \_\_\_ Paper towels
- \_\_\_ Thermometer
- \_\_\_ Towel or cake-cooling rack
- \_\_\_ Timer (may be on oven)
- \_\_\_ Ice (optional)



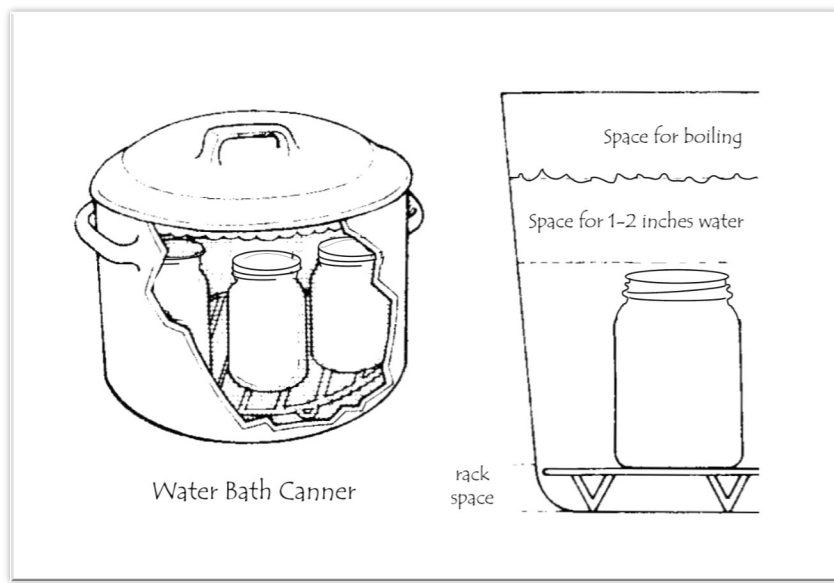
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- \_\_\_ Wash hands for 20 seconds and dry well.
- \_\_\_ Assemble equipment and ingredients.
- ★ Place rack in boiling water canner. Fill half full with water. Turn burner to medium-high heat to bring to a simmer (180°F).
- \_\_\_ Examine ring bands and jars for flaws; discard if rusted, bent, cracked, or chipped.
- ★ Wash and rinse jars, then lower into canner using jar lifter.
- \_\_\_ Use a permanent marker to label lids.
- \_\_\_ Prepare lids as instructed by manufacturer.
- ★ Heat 3-4 cups water to a simmer in a saucepan.
- \_\_\_ Fill a stockpot with enough water to cover several tomatoes. Bring water to a boil.
- \_\_\_ Fill a large bowl with ice (if you have it) and cold water.



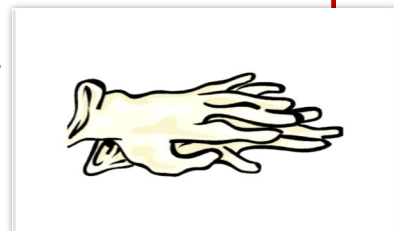
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- ★ Rinse and cut an "x" on the non-stem end of tomatoes.
- ★ Place 2-3 tomatoes at a time in boiling water until skins split (30-60 seconds). Remove tomatoes with a slotted spoon and place in the bowl of ice cold water, then peel off and discard skins.
- ★ Remove the firm inner cores from tomatoes, then coarsely chop tomatoes (blueberry-sized).
- ★ Peel, rinse, trim, and dice onions into small (1/4-inch) pieces (pencil eraser-sized).
- ★ Rinse bell peppers, then remove stems, seeds and membranes, and then dice into medium (1/2-inch) pieces.
- ★ If using hot chile peppers, place food-handling gloves on both hands. Rinse and dry hot chile peppers. Remove stems, and remove the seeds and membranes unless you want more spicy heat. Dice chile peppers into very small pieces.
- Remove and discard gloves, then wash hands well.
- Measure and combine 9 c. of peppers and onions with 6 c. of tomatoes in a large stockpot. Measure and add 1½ c. lemon or lime juice and 3 tsp. salt. Stir well.
- ★ Heat to boiling, then reduce to a simmer for 3 minutes, stirring to prevent scorching.



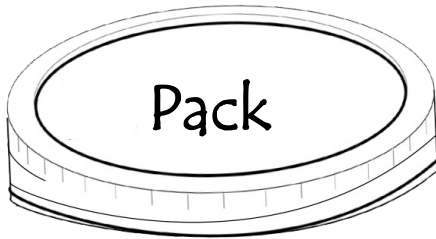
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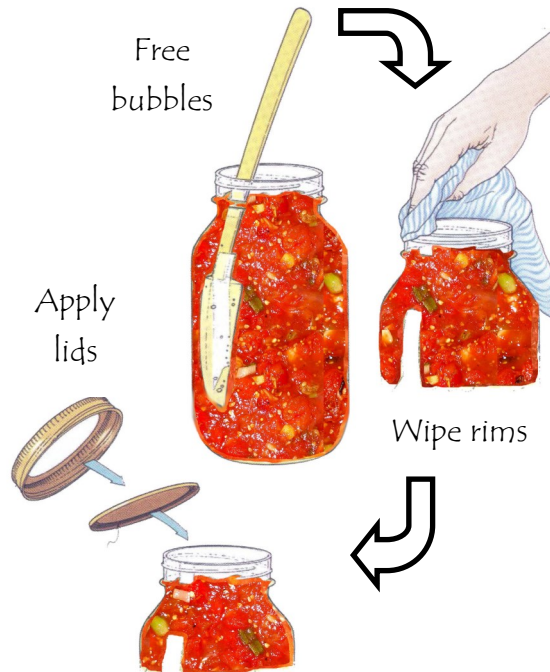
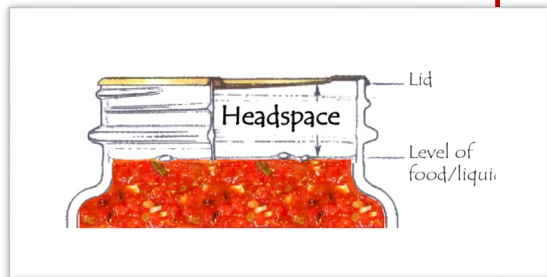
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- ★ Slowly lift jars from hot water, emptying water back into the canner. Place jars upright on a towel or rack.
- ★ Place funnel in jar opening and ladle hot salsa into each of the hot pint jars, leaving  $\frac{1}{2}$ -inch headspace.
- Remove air bubbles by slowly moving bubble freer or spatula gently in and out around the inside edge of each jar. Check headspace and add or remove salsa with a small spoon, if needed.
- Wipe jar rims with a clean, damp paper towel.
- Apply lids. Turn bands onto jars until fingertip tight.
- ★ Use a thermometer to check that the temperature of the water in the canner is 180°F. Adjust burner higher or lower, if necessary.



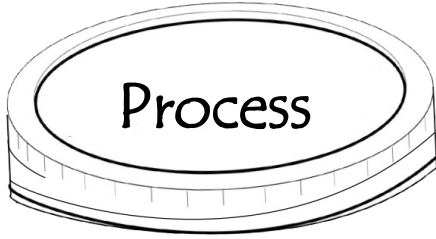
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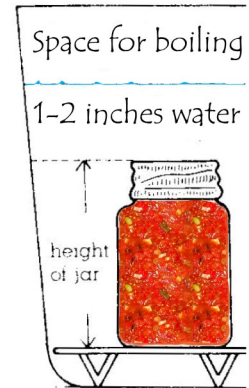
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- ★ Lift and place jars, upright, onto the rack in the canner.
- ★ Add hot water from the saucepan if water is less than 1-2 inches above jars.
- ★ Place lid on canner and turn heat to high.
- Once water reaches a full rolling boil, set timer using the chart below. Maintain a boil the whole time.
- ★ Turn off heat when timer sounds. Remove canner lid, directing steam away from you. Wait 5 minutes.
- ★ Keep jars upright as you lift each jar out of the canner and place them at least 1 inch apart on a towel or cooling rack.
- Let jars cool, undisturbed, for 12 to 24 hours.
- Once jars are completely cool, look and feel for an inward curve/indent in the center of the lids to check vacuum seals.
- Remove bands from sealed jars and wipe clean.
- Store in a cool, dark, dry place. Enjoy within one year for best quality. If jars are not sealed or are taken home before cooling, keep in a refrigerator. Once opened, store jars in a fridge and eat salsa within one week.



Altitude Adjustments and Processing Times for Hot Packs of Choice Salsa in Pint Jars:

Altitude	Process Time
0-1,000 feet	15 minutes
1,001-6,000 feet	20 minutes
above 6,000 feet	25 minutes

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