

Pressure Canning

Recipe adapted from "Ball Complete Book of Home Preserving" & used by permission ©2022 Chez LaRae

BEEF STEW WITH VEGETABLES

You must use a pressure canner for this recipe. You cannot use a boiling water canner or a pressure cooker. Please follow the canning instructions carefully and do not add additional ingredients or alter the recipe for safety reasons.

Makes about 25 pint jars or 12 quart jars (may need to pressure can in two batches depending on your pressure canner's size)

- Small amount of vegetable oil
- 5-6 pounds boneless beef chuck eye roast, trimmed of excess fat and cut into 1" cubes
- 12 cups (about 3 ½ lbs) Yukon Gold potatoes, peeled and cut into 1" cubes
- 8 cups (about 12) carrots, sliced and peeled
- 4 cups (about 6 ribs) celery, sliced
- 3 cups onions, chopped
- 4-5 shallots, peeled and thinly sliced
- 1 - 6 oz can tomato paste
- 4 tsp salt
- 1 tsp freshly ground black pepper
- 1 tsp dried thyme
- 4 cups beef broth

1. Prepare pressure canner, jars, and lids according to the manufacturer's instructions. For this recipe, the jars must be heated prior to filling them. Place rack in the pressure canner and place jars on the rack. Fill jars halfway with water and add the recommended amount of water to the canner. Bring water to a simmer over medium heat and maintain the simmer until you are ready to use the jars.
2. Place lids in a small saucepan, cover with water, and bring to a simmer. Keep the lids hot until ready to use.
3. In a large Dutch oven or pot, heat a small amount of oil over medium heat. Working in batches, brown beef, adding additional oil if needed, a small amount at a time. The less oil used, the better. When all beef is browned, return any beef from previous batches to the Dutch oven or pot and add potatoes, carrots, celery, onions, shallots, tomato paste, salt, pepper, and thyme. Cover with beef broth and add extra water if needed to cover the beef and the other ingredients. Bring to a boil, stirring frequently. This step is not to cook the beef and vegetables, but simply get everything heated through.
4. Ladle hot stew into the hot jars leaving 1" headspace. Remove air bubbles with a skewer and readjust headspace if necessary. Wipe jar rims with a moistened towel and screw on lids to fingertip-tight.
5. Place jars in pressure canner. Adjust water level, lock lid and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 10 pounds of pressure. Process pint jars for 75 minutes. (If using quart jars, process for 90 minutes).
6. Turn off heat. Let pressure return to zero naturally. Wait 5 minutes longer, then open vent. Remove the canner lid. Wait 10 minutes, then remove jars.
7. Allow jars to cool undisturbed for 24 hours. After that time, check lids for seals (refrigerating any jars that did not seal and consuming contents within 3 days).

Decorate jars with labels & ribbon from [CanningCrafts.com](https://www.canningcrafts.com)



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