

"CANNING CREW"

Holistic Health
& Wellness Program
"Preserving Nutrition"
121 Scott Street
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FOURTH MEETING
March 28, 2009
**Canning
Vegetarian
Spaghetti Sauce**

PRESSURE CANNING

The safest method of preserving food!

How Canning Works

By increasing the weight on the top of the canner the steam inside increases the boiling point of water. Most of us have heard of the air being thinner the higher we go in a plane, or mountain climbing. The canner works in the opposite way, rather than the air being thinner, we've increased the air pressure in direct proportion to the amount of weight on the steam escape valve. For example, a canner set at 10 lbs. Pressure will result in a boiling temperature of about 240 degrees Centigrade instead of the normal 100 degrees C.

Common Sense Rules for Pressure Canning

Use good jars; clean, no cracks or chips.

Use good food; Cooked or raw.

Keep work surface clean.

Wash hands before & after contact with food.

Follow instructions for canning times based on the longest time/ingredient.

Canning Vegetarian Spaghetti Sauce

We will be canning a variety of vegetables today. In season we will be able to buy all of these locally and I encourage everyone to can plenty of these "base" sauces to have on hand for winter! For this class I have tried to buy Canadian veggies and have substituted canned tomatoes for fresh.

Directions

Cut vegetables and add (in order of cooking time) to skillet.

Boil jar lids (20) and rings for 10 minutes (to soften rubber).

Fill jars with cooked sauce to within $\frac{1}{2}$ inch of top.

Run a plastic or wooded spoon inside jar to remove bubbles.

Wipe jar lip with clean cloth.

Place lid on jar (rubber side down) and screw on metal band.

Fill canner & process for required time, AFTER canner has reached required pressure.

Remove from heat & let cool before opening.

Open with lid AWAY from you and remove jars with lifter. (prevents steam from burning face).

Cool by placing on WOOD surface or on towels. (prevents cracking)

Store in cool, dark cupboard. Food will keep for years.

See back for today's recipes!

Vegetarian Spaghetti Sauce

20 ripe "sauce" tomatoes skinned & chopped
(we are substituting 2 very large tins -one of tomatoes & one of paste),
4 sweet peppers,
1 bunch celery,
4 carrots,
4 onions,
2 tbsp. chopped oregano,
5 or 6 chopped garlic cloves,
Cook until vegetables are slightly cooked and still crisp.
Add tomatoes & paste,
Cook for about $\frac{1}{2}$ hour, then pressure can.

MACARONI CASSEROLE 1 jar sauce, macaroni (cooked), green vegetables* & $\frac{1}{2}$ cup of water
(or vegetable broth, (*I use home canned green beans or nettles)
1 tsp. Salt, 1 tsp. Pepper, 1 Tbsp. Oregano, 1 tsp. Celery seeds,
1 cup cottage cheese
1 cup cheddar cheese (grated).
Mix ingredients and top with cheese(s).
Bake 1 hour in 350 degree oven. Serve.
Check moisture after $\frac{1}{2}$ hour & add more liquid if necessary.

SLOPPY JOES 1 jar spaghetti sauce, 1 lb. hamburger
grated cheese & chopped green onion
older bread (dried out a bit is better!)
Cook hamburger & add sauce, season with chili powder to taste &
spoon mixture over bread & top with cheese & onion.
Serve with side salad.

LINGUINI WITH CLAM SAUCE

1 jar spaghetti sauce,
1 can baby clams
1 pkg. Linguini,
1 pkg. Pita bread (whole wheat),
grated cheddar cheese & shallots
Parmesan cheese (grated)

Boil a pot of water with a bit of oil and salt then add the Linguini,
At the same time: Pan fry the baby clams (drain first) in a bit of butter
Add the spaghetti sauce after about 3 minutes,
Stir and set aside on warm spot...
Cut Pita bread in half and fill each half with some cheddar cheese & shallots
then warm in the oven until cheese has melted. Serve with the meal.

NEXT CLASS IS **APRIL 4TH** AND WE WILL BE CANNING ROOT VEGETABLES
AND DISCUSSING OUR MEETING (ON APRIL 25TH) WITH OUR LOCAL VEGETABLE FARMER!
Lunch will be **CARROT SALAD & SANDWICHES!**