

Canned Baked Beans



Ingredients

- 500 g navy beans (dried . 2 cups / 1 pound)
- 1/4 - 1/2lb of small chopped pork shoulder
- 175 g onion (finely chopped. 1 cup / 6 oz)
- 12 tablespoons tomato paste (6oz can)
- 3 tablespoons Worcestershire Sauce
- 3 teaspoons mustard powder
- 3 teaspoons salt
- 3 teaspoons ground black pepper
- 8 tablespoons brown sugar
- 2 bay leaves
- 750 ml bean liquid (3 cups / 24 oz. Recipe will produce it.)
- 1 pint meat stock

Info

- **Prep:** 25
- **Cook:** 2 hours
- **Serves:** 5-6 pints
- [Source](#)

★★★★★ from 1 votes

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Rate



Directions

1. Put dried beans in a pot. Add 1 ½ litres (6 cups) of water. Boil 2 minutes, remove from heat and let stand for an hour, covered.
2. Make your sauce flavouring mixture by mixing together everything from onion down to Kitchen Bouquet (if using) in a large microwave-safe bowl or jug; set aside.

3. Drain the beans, discarding the soaking water.
4. Put beans in a large pot, add 2 bay leaves, cover with 2 to 5 cm (1 to 2 inches) of water, bring to a full boil, boil for a minute or two, then turn off the heat. Don't boil much longer or you will end up with mooshy beans at the end of everything.
5. Drain the beans in a way that will preserve the water this time. (See suggestions in notes.) Discard the 2 bay leaves.
6. Take 750 ml (3 cups / 24 oz) of that reserved water. Add it to the sauce flavouring mixture you had set aside, cover that bowl or large jug and zap in microwave for 5 minutes to make a sauce.
7. Take the sauce out of the microwave, stir (mind the surge). Set aside.
8. The headspace on this recipe is 3 cm (1 inch) per jar. Bearing that in mind and taking that into account, fill each heated jar (minus that reserved headspace in your mind) $\frac{3}{4}$ full of plain beans.
9. Fill up the remaining $\frac{1}{4}$ of each jar with sauce, leaving still the 3 cm (1 inch) headspace.
10. At this point, the USDA notes that you may "add a $\frac{3}{4}$ -inch (2 cm) cube of [raw presumably] pork, ham, or [raw] bacon to each jar, if desired."
11. Add additional water to jars from the reserved bean stock if you run short on sauce.
12. Debubble, then top up with a bit more sauce or bean stock as needed to maintain the 2 cm (1 inch) headspace.
13. So to recap, a jar will 3 cm (1 inch) blank headspace at the top. Of the remaining jar space below that, $\frac{3}{4}$ of that space will be plain beans, then $\frac{1}{4}$ plain sauce.
14. Debubble, adjust headspace.
15. Wipe jar rims.
16. Put lids on.
17. Processing pressure: 10 lbs (69 kPa) weighted gauge, 11 lbs (76 kPa) dial gauge (adjust pressure for your altitude when over 300 metres / 1000 feet)
18. Processing time: quarter-litre ($\frac{1}{2}$ US pint / 250 ml) OR half-litre (1 US pint): 65 minutes. 1 litre (1 US quart): 75 minutes.

[canning](#), [pressure canner](#), [beans](#), [cheap](#), [tomato paste](#), [worcestershire](#), [mustard powder](#), [brown sugar](#)

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Last update: **2024/01/07 13:33**

