

Bottled Beans



Instructions:

- Sterilize jars, rings, lids and any equipment used for bottling. Rinse your beans well and you may need to pick out bits of rock or dirt chunks.
- Scoop 2/3 cup of beans into each pint jar or if you want to bottle in quarts add 1 cup and 2 tablespoons.
- Boil some water and cover the beans, leaving 1" head space at the top of the jar. Cap with the simmered lid and ring and place in your pressure cooker.
- Process at 12 lbs. pressure (or adjust for your elevation) for 75 minutes for the pints and 90 minutes for the quarts.