

home canning

made pure & simple



Warning

For a complete guide on safe canning and instructions for inspecting the jars for proper sealing and storing refer to the instruction booklet .

Always ensure that the food has been processed to preserve its nutritional value and that is safe for consumption by your family. Improper canning can lead to serious health consequences.

JAR CLEANING

Always wash empty jars in hot water with detergent by hand or in dishwasher. Rinse thoroughly. Hard water films on jars are easily removed by soaking jars for several hours in a solution containing 1 cup of vinegar (5% acidity) per gallon of water.

SAFE CANNING TIPS

- **Do not use over-ripe fruit. Bad quality degrades with storage.**
- **Do not add more low-acid ingredients (onions, celery, peppers, garlic) than specified in the recipe. This may result in an unsafe product.**
- **Don't over-season with spices. Spices tend to be high in bacteria making canned goods unsafe.**
- **Do not add butter or fat. Fats do not store well and may increase the rate of spoilage.**
- **Never use thickeners such as flour, starch, pasta, rice or barley. Use only USDA recommended Clear Jel ®.**
- **DO add acid (lemon juice, vinegar or citric acid) especially to tomato products when directed in the recipe. If necessary, you can balance the tart taste by adding sugar.**

Fruits



Apple Sauce



8 apples, cored and halved

1/2 cup sugar

1/2 lemon, juiced

1/2 cup water

1 cinnamon stick

1. Place all the ingredients into the inner pot.
2. Press the STEAM/CANNING button until you reach 4 minutes.
3. When the steam has released remove the lid and mash the applesauce.
4. Carefully ladle the applesauce into the jars 1" from the top.
5. Using a flexible nonporous spatula gently press between the applesauce and the jar to release any trapped air bubbles.
6. Clean the rims with white vinegar and seal.
7. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
8. Press the STEAM/CANNING button and then press the COOK TIME button until you reach 15 minutes.
9. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Canned Pears



6 pears peeled, cored

3/4 cup sugar

2 cups water

1. To make the syrup: Place the sugar and water into the inner pot and press the **BROWN** Button. Bring to a boil for a couple of minutes.
2. Cut the pears into quarters and place into the jars. Carefully pour the syrup into the jars 1" from the top.
3. Using a flexible nonporous spatula gently press between the pears and the jar to release any trapped air bubbles.
4. Clean the rims with white vinegar and seal.
5. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
6. Press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 15 minutes.
7. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Canned Peaches



10 peaches

2 cups water

3/4 cup sugar

1. Peel peaches. Bring a pot of water to a boil. Make an X with a knife to score the peach on the bottom. Place the peaches into the boiling water. After 2 minutes place the hot peaches into an ice bath. The skin should remove easily. Cut the peaches in half and place them in the jars.
2. To make the syrup: Place the sugar and water into the inner pot and press the BROWN Button. Bring to a boil for a couple of minutes.
3. Pour the syrup into the jars of peaches 1" from the top.
4. Using a flexible nonporous spatula gently press between the peaches and the jar to release any trapped air bubbles.
5. Clean the rims with white vinegar and seal.
6. Place the jars into the clean inner pot with water 1/4 of the way up the jars.
7. Secure the lid and close the steam release valve.
8. Press the STEAM/CANNING button and then press the COOK TIME button until you reach 15 minutes.
9. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Jams & Jellies



Blackberry Jam



4 pints fresh blackberries

3 tbsp. pectin powder

5 cups sugar

1/2 lemon, juiced

5 half pint jars

1. Place the blackberries into the pressure cooker with the pectin. Press the **BROWN** button. Add 2 cups of sugar at a time to dissolve.
2. Once the sugar has dissolved let boil for about 2-3 minutes.
3. Carefully ladle the jam into the jars 1" from the top.
4. Using a flexible nonporous spatula gently press between the jam and the jar to release any trapped air bubbles.
5. Clean the rims with white vinegar and seal.
6. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
7. Press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 15 minutes.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Blueberry Jam

1. Place the blueberries in the pressure cooker with the pectin. Press the **BROWN** button. Add 2 cups of sugar at a time to dissolve.
2. Once the sugar has dissolved let boil for about 2-3 minutes stirring occasionally.
3. Carefully ladle the jam into the jars 1" from the top.
4. Using a flexible nonporous spatula gently press between the jam and the jar to release any trapped air bubbles.
5. Clean the rims with white vinegar and seal.
6. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
7. Press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 15 minutes.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

6 cups fresh blueberries

4 cups sugar

1 3 oz pouch of liquid pectin

1 lemon, juiced

1 cinnamon stick

Raspberry Jam

1. Place the raspberries in the pressure cooker with the pectin. Press the **BROWN** button. Add 2 cups of sugar at a time to dissolve.
2. Once the sugar has dissolved, boil for about 2-3 minutes.
3. Carefully ladle the jam into the jars 1" from the top.
4. Using a flexible nonporous spatula gently press between the jam and the jar to release any trapped air bubbles.
5. Clean the rims with white vinegar and seal.
6. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
7. Press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 15 minutes.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

6 cups fresh raspberries

6 cups sugar

1/2 lemon, juiced

1 3 oz pouch of liquid pectin

6 half pint jars

Strawberry Jam



6 cups fresh strawberries

4 cups sugar

1 lemon, juiced

4 tbsp pectin powder

3 half pint jars

1. Place the strawberries in the pressure cooker with the pectin. Press the **BROWN** button. Add 2 cups of sugar at a time to dissolve.
2. Once the sugar has dissolved let boil for about 2-3 minutes.
3. Carefully ladle the jam into the jars 1" from the top.
4. Using a flexible nonporous spatula gently press between the jam and the jar to release any trapped air bubbles.
5. Clean the rims with white vinegar and seal.
4. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
6. Press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 15 minutes.
7. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Salsa



Mango Salsa

1. Mix all the ingredients.
2. Carefully pour into the jars 1" from the top.
3. Using a flexible nonporous spatula gently press between the salsa and the jar to release any trapped air bubbles.
4. Clean the rims with white vinegar and seal.
5. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
6. Secure the lid and close the steam release valve.
7. Press the STEAM/CANNING button and then press the COOK TIME button until you reach 15 minutes.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

2 mangoes, peeled, pitted and diced

1/2 jalapeño, minced

1/2 red onion, peeled and minced

2 tbsp. fresh cilantro, chopped

1 lime, juiced

1/2 red pepper seeded, diced small

Tomato Salsa

- 6 plum tomatoes**
- 2 tbsp fresh cilantro, chopped**
- 1/2 lime, juiced**
- 1/2 jalapeño**
- 1 red pepper, seeded and diced**
- 1/2 red onion peeled, diced**
- 1/4 cup tomato juice**
- 1/2 tsp. fresh ground black pepper**

1. Mix all the ingredients.
2. Carefully pour into the jars 1" from the top.
3. Using a flexible nonporous spatula gently press between the salsa and the jar to release any trapped air bubbles.
4. Clean the rims with white vinegar and seal.
5. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
6. Secure the lid and close the steam release valve.
7. Press the STEAM/CANNING button and then press the COOK TIME button until you reach 15 minutes.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Soup Starters



Chili Starter



4 cups crushed tomatoes

1/2 cup beef stock

1 large onion, peeled and diced

1/3 cup dried red beans

1/3 cup black beans

1/4 cup chili powder

1 tsp. cumin

1 tsp. ground coriander

1 tbsp. crushed red pepper flakes

1 tbsp. sugar

2 tbsp. grape seed oil

1. Place the inner pot into the Power Cooker. Place the oil in the inner pot. Press the **BROWN** button. Sauté the onions for 5 minutes. Add the spices and cook for an additional minute.
2. Add the remaining ingredients. Place the lid on the pressure cooker, lock lid and switch the pressure release valve to closed.
3. Press **CANCEL** and then press the **STEW** button.
4. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
5. Carefully pour into the jars 1" from the top. Clean the rims of the jars with white vinegar.
6. Using a flexible nonporous spatula gently press between the chili and the jar to release any trapped air bubbles.
7. Place the lids on the jars.
8. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
9. Secure the lid, close the steam release valve and press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 45 min.
10. When the time runs out press the **STEAM/CANNING** button.
11. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.
12. To finish the chili brown 2 lbs of ground meat and follow the instructions in the pressure cooker recipe book for beef chili.

Lentil Soup

1. Place the inner pot into the power cooker. Press the **BROWN** button.
2. Add the olive oil and vegetables and cook for 5 minutes.
3. Add the lentils and the rest of the ingredients.
4. Secure the lid and close the steam release valve.
5. Press the **COOK TIME** button until you reach 10 min.
6. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
7. Carefully ladle the soup into the jars 1" from the top.
8. Using a flexible nonporous spatula gently press between the soup and the jar to release any trapped air bubbles.
9. Clean the rims with white vinegar and seal.
10. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
11. Secure the lid, close the steam release valve and press the **CANNING/STEAM** button and then press the **COOK TIME** button until you reach 45 minutes.
12. When the time runs out press the **CANCEL** button and then the **STEAM/CANNING** button and the time will be 30 min.
13. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

1 lb dried lentils

2 carrots, peeled & diced

1 onion, peeled & diced

3 cloves garlic, peeled & minced

2 stalks celery, cleaned & diced

1 bay leaf

1 sprig fresh thyme

1 tsp. turmeric powder

2 tbsp. olive oil

6 cups chicken broth

1 tsp. freshly ground black pepper

White Bean & Tomato Soup

1 lb dried navy beans

2 cloves garlic, peeled & minced

2 celery stalks, cleaned & diced

2 carrots, peeled & diced

2 tbsp. olive oil

3 tomatoes, diced

1 sprig fresh rosemary

6 cups chicken broth

1 bay leaf

1 tsp. salt

1/2 tsp. freshly ground black pepper

1. Place the inner pot into the power cooker. Press the **BROWN** button.
2. Add the olive oil and vegetables and cook for 5 minutes.
3. Add the beans and the rest of the ingredients.
4. Secure the lid and close the steam release valve.
5. Press the **COOK** button.
6. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
7. Carefully ladle into the jars 1" from the top.
8. Using a flexible nonporous spatula gently press between the soup and the jar to release any trapped air bubbles.
9. Clean the rims with white vinegar and secure the lids.
10. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
11. Secure the lid, close the steam release valve and press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 45 min.
12. When the time runs out press the **CANCEL** button and then the **STEAM/CANNING**.
13. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Spaghetti Sauce



2 cans crushed tomatoes

1/2 cup water

1/2 onion, minced

3 cloves garlic, minced

1 tbsp. basil, chopped

1/2 tsp. oregano, fresh chopped

1 tsp. sea salt

1/2 tsp. freshly ground pepper

1 tbsp. sugar

2 tbsp. olive oil

1. Place the Inner pot in the Power Cooker. Press the **BROWN** button and sauté the onions and garlic in the olive oil. Add tomatoes and the rest of the ingredients and let cook for 5 min.
2. Carefully ladle the sauce into the jars 1" from the top.
3. Using a flexible nonporous spatula gently press between the sauce and the jar to release any trapped air bubbles.
4. Clean the rims with white vinegar and seal.
5. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
6. Secure the lid, close the steam release valve and press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 45 min.
7. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Vegetables



Pickled Beets



6 small beets, cooked, peeled & sliced

1/2 onion, sliced

1/2 cup cider vinegar

1/4. cup sugar

1 tbsp. pickling spice

3 tbsp. sea salt

1. Place the inner pot into the pressure cooker. Press the **BROWN** button and add all the ingredients except the beets.
2. Bring to a boil.
3. Pack the sliced beets into the jars.
4. Carefully pour the liquid and onions into the jars 1" from the top.
5. Using a flexible nonporous spatula gently press between the beets and the jar to release any trapped air bubbles.
6. Clean the rims with white vinegar and seal.
7. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
8. Secure the lid close the pressure release valve.
9. Press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 15 minutes.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Bread & Butter Pickles

1. Place the inner pot into the power cooker. Press the BROWN button and add all the ingredients except the Pickles.
2. Bring to a boil.
3. Pack the sliced Pickles into the jars.
4. Carefully pour the liquid into the jars 1" from the top.
5. Using a flexible nonporous spatula gently press between the pickles and the jar to release any trapped air bubbles.
6. Clean the rims with white vinegar and seal.
7. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
8. Secure the lid close the pressure release valve.
9. Press the STEAM/CANNING button and then press the COOK TIME button until you reach 15 minutes.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

4 cucumbers, large slice

2 onions, large dice

1/4 cup sea salt

2 1/2 cups sugar

2 1/2 cups white vinegar

1/2 tbsp. mustard seed

1 tbsp. pickling spice

10 cloves

Cocktail Onions

2 lbs pearl onions

1 qt water

1/4 cup sea salt

3/4 cup sugar

4 cups white vinegar

1 tbsp. red pepper flakes

2 bay leaves

1 tbsp. mustard seed

1 tbsp. pickling spice

1. Place the inner pot into the power cooker. Press the BROWN button and add all the ingredients except the onions.
2. Bring to a boil.
3. Pack the s Pearl Onions into the jars.
4. Carefully pour the liquid into the jars 1" from the top.
5. Using a flexible nonporous spatula gently press between the onions and the jar to release any trapped air bubbles.
6. Clean the rims with white vinegar and seal.
7. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
8. Secure the lid close the pressure release valve.
9. Press the STEAM/CANNING button and then press the COOK TIME button until you reach 15 minutes.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Dill Pickles



10 pickling cucumbers
6 cloves garlic, smashed
2 cups water
2 cups white vinegar
1/4 cup sea salt
1 bunch fresh dill
1 tbsp. pickling spice
4 pint jars

1. Pour the water, vinegar, half the salt, pickling spice and dill into the inner pot and press the **BROWN** button. Bring to a boil.
2. Cut the pickles into spears. Place them into the jars.
3. Strain the spices out of the brine. Carefully pour the brine into the jars 1" from the top and seal.
4. Using a flexible nonporous spatula gently press between the pickles and the jar to release any trapped air bubbles.
5. Clean the rims with white vinegar and seal.
6. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
7. Press the **STEAM/CANNING** button and then press the **COOK TIME** button until you reach 15 minutes.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

BBQ Onion Relish

1. Place the inner pot in the Power Cooker. Press the BROWN button. Sauté the onions in the olive oil until they are soft. Add the rest of the ingredients and let cook for 5 min.
2. Carefully ladle the sauce into the jars 1" from the top.
3. Using a flexible nonporous spatula gently press between the relish and the jar to release any trapped air bubbles.
4. Clean the rims with white vinegar and seal.
5. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
6. Press the STEAM/CANNING button and then press the COOK TIME button until you reach 15 minutes.
7. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

3 onions, diced

1 bay leaf

1/2 cup BBQ sauce

1/2 tsp fresh ground pepper

1/2 cup water

1/4 cup cider vinegar

1 jalapeño, sliced

1/2 red pepper, diced

2 tbsp. grape seed oil

Pickled Jalapeños

10 jalapeño sliced

2 cups water

2 cups white vinegar

3 tbsp. sea salt

2 cloves garlic, minced

1 carrot peeled, sliced

1. Place the inner pot into the power cooker. Press the BROWN button and add all the ingredients except the jalapeños.
2. Bring to a boil.
3. Pack the sliced jalapeños into the jars.
4. Carefully pour the liquid into the jars 1" from the top.
5. Using a flexible nonporous spatula gently press between the jalapenos and the jar to release any trapped air bubbles.
6. Clean the rims with white vinegar and seal.
7. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
8. Secure the lid close the pressure release valve.
9. Press the STEAM/CANNING button and then press the COOK TIME button -until you reach 15 minutes.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

Roasted Red Peppers



6 large Red Peppers

1/4 cup olive oil

4 cloves garlic sliced

1 tbsp. sea salt

1/2 tsp. ground black pepper

3 tbsp. white balsamic vinegar

1. Roast peppers by placing them on your outside grill.
2. Rotate them to cook on all sides. When they are done place in a bowl and cover with plastic wrap.
3. Set aside to cool.
4. Peel the skin off the peppers. Press the BROWN button. In the inner pot add the oil and sauté the garlic. Press the CANCEL/WARM button and add the rest of the ingredients.
5. Place the roasted peppers into the jars. Pour the olive oil and balsamic dressing over the pepper. Press the peppers to remove the air from the bottom of the jars, leaving half an inch of space from the top.
6. Using a flexible nonporous spatula gently press between the peppers and the jar to release any trapped air bubbles.
7. Clean the rims with white vinegar and seal.
8. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
9. Press the STEAM/CANNING button and then press the COOK TIME button until you reach 15 minutes.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

©2016 Tristar Products, Inc. All rights reserved.
Distributed by: Tristar Products, Inc. Fairfield, NJ 07004

PC_WAL3_8QT_CANNING BOOK_WMT_ENG_V1_161222