

# home Canning

made pure & simple



**POWER**  
PRESSURE COOKER XL™

## 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<sup>®</sup>.
- 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.
- For processing times and methods for additional low acid foods, please refer to the National Center for Home Food Preservation (<http://www.uga.edu/nchfp/>): or your local county extension agent.

# Fruits



## Apple Sauce



- 8 apples, cored and halved
- 1/2 cup sugar
- 1/2 lemon, juiced
- 1 cinnamon stick
- 1/2 cup water

1. Place all the ingredients into the inner pot.
2. Press the FISH/VEGETABLE button for 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 CANNING/PRESERVING button and then press the TIME ADJUSTMENT button two times until you reach 20 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 CHICKEN/MEAT 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 CANNING/PRESERVING button and then press the TIME ADJUSTMENT button two times until you reach 20 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. To 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 CHICKEN/MEAT 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 CANNING/PRESERVING button and the TIME ADJUSTMENT until you reach 20 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 **CHICKEN/MEAT** 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 **CANNING/PRESERVING** button and then press the **TIME ADJUSTMENT** button two times until you reach 20 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 CHICKEN/MEAT 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 CANNING/PRESERVING button and then press the TIME ADJUSTMENT button until you reach 20 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 CHICKEN/MEAT 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 CANNING/PRESERVING button and then press the TIME ADJUSTMENT button until you reach 20 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 CHICKEN/MEAT 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 CANNING/PRESERVING button and then press the TIME ADJUSTMENT button until you reach 20 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.

# 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 CANNING/PRESERVING button and then press the TIME ADJUSTMENT until you reach 20 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 CANNING/PRESERVING button and then press the TIME ADJUSTMENT button two times until you reach 20 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 CHICKEN/MEAT 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 SOUP/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.
6. Using a flexible nonporous spatula gently press between the chili and the jar to release any trapped air bubbles.
7. Clean the rims of the jars with white vinegar.
8. Place the lids on the jars.
9. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
10. Secure the lid, close the steam release valve and press the CANNING/PRESERVING button and then press the COOK TIME SELECTOR button until you reach 45 min.
11. When the time runs out press the CANCEL button and then the CANNING/PRESERVING button and the time will be 30 min.
12. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.
13. 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 CHICKEN/MEAT 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 BEAN/LENTIL button and then the TIME ADJUSTMENT 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/PRESERVING button and then press the COOK TIME SELECTOR button until it reaches 45 minutes.
12. When the time runs out press the CANCEL button and then the CANNING/PRESERVING 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 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 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. Place the inner pot into the power cooker. Press the CHICKEN MEAT 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 BEAN/LENTIL 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 CANNING/PRESERVING button and then press the COOK TIME SELECTOR button until it reaches 45 min.
12. When the time runs out press the CANCEL button and then the CANNING/PRESERVING 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.

## 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 BEEF/CHICKEN 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 CANNING/PRESERVING button and then press the COOK TIME SELECTOR button until it reaches 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 CHICKEN/MEAT 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 CANNING/PRESERVE button.
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 CHICKEN/MEAT 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 CANNING/PRESERVE button.
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

1. Place the inner pot into the power cooker. Press the CHICKEN/MEAT button and add all the ingredients except the onions.
2. Bring to a boil.
3. Pack the 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 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 and close the pressure release valve.
9. Press the CANNING/PRESERVE button.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

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

## Dill Pickles



1. Pour the water, vinegar, half the salt, pickling spice and dill into the inner pot and press the CHICKEN/MEAT 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 CANNING/PRESERVING button.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

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

## BBQ Onion Relish

1. Place the inner pot in the Power Cooker. Press the BEEF/CHICKEN 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 CANNING/PRESERVING button.
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

1. Place the inner pot into the power cooker. Press the CHICKEN/MEAT 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 and close the pressure release valve.
9. Press the CANNING/PRESERVE button.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

10 jalapeño, sliced  
2 cups water  
2 cups white vinegar  
3 tbsp. sea salt  
2 cloves garlic, minced  
1 carrot peeled, sliced

## 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 CHICKEN/MEAT 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 CANNING/PRESERVING Button.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.



**©2014 Tristar Products, Inc. All rights reserved.  
Distributed by: Tristar Products, Inc. Fairfield, NJ 07004**

PPC\_780\_8QT CANNING BOOK\_TP\_ENG\_V1\_140619