

PRESSURE CANNING FRESH CARROTS

Canning carrots at home is a great way to stock your pantry for the whole year. Not only do they taste amazing, but they also make perfect additions to soups, roasts, stews, or even as a side dish.

Ingredients:

- 18 to 20 lbs. of Carrots
- Salt (optional)



Instructions (makes 14 Pints/7 Quarts):

1. Prepare the carrots by peeling and chopping. Peeling is optional but is highly recommended b/c it improves the quality of home-canned carrots. You can decide on the size of your carrots but I like to slice them in small round pieces. Choose a size that will work for your family meals.
2. Prepare your pressure canner by adding 2-3 quarts of water to the bottom of the canner. Place the bottom trivet in place.
3. In a separate pot, bring water to a boil next to the canner.
4. HOT PACK: blanch the carrots in boiling water for 5 minutes before packing them hot into your hot canning jars (1-inch headspace). RAW PACK: pack the carrots into hot jars without blanching them (1-inch headspace).
5. Pour boiling water over the top of the carrots in the jars, maintaining 1-inch headspace. Add salt if using ($\frac{1}{2}$ tsp per pint/1 tsp per quart).
6. Seal the jars with 2 part canning lids and load them into the pressure canner.
7. Please the lid on the canner, bring the canner to a full boil and allow steam to vent for 10 minutes before adding the canning weight or regulator. Allow the canner to come up to pressure. Use 10 pounds of pressure below 1000 feet, but adjust for altitude at higher elevation.
8. Process the jars for 25 minutes (pints) or 30 minutes (quarts). Begin processing time once the pressure reaches 10 pounds (My elevation is over 1000, so I adjust my pressure to 11 pounds before beginning the processing time).
9. After processing is complete, allow the canner to cool to room temperature before opening and unloading the jars.
10. Let the jars cool, untouched for at least 12 hours, check seals, and store any unsealed jars in the refrigerator for immediate consumption.
11. Properly processed and sealed jars should keep freshness and quality in the pantry for 12-18 months.