

Preserving Tomatoes Recipes

Before you start:

Please read The National Center for Home Food Preservation's "Using Boiling Water Canners" before beginning. If this is your first time canning, it is recommended that you read USDA's Complete Guide to Home Canning: Guide 1: Principles of Home Canning.

Crushed Tomatoes (with no added liquid)

A high-quality product, ideally suited for use in soups, stews, and casseroles. This recipe is similar to that formerly referred to as "Quartered Tomatoes."

Quantity: An average of 22 pounds is needed per canner load of 7 quarts; an average of 14 fresh pounds is needed per canner load of 9 pints. A bushel weighs 53 pounds and yields 17 to 20 quarts of crushed tomatoes-an average of 2³/₄ pounds per quart.

Procedure: Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water slip off skins, and remove cores. Trim off any bruised or discolored portions and quarter. Heat one-sixth of the quarters quickly in a large pot, crushing them with a wooden mallet or spoon as they are added to the pot. This will exude juice. Continue heating the tomatoes, stirring to prevent burning. Once the tomatoes are boiling, gradually add remaining quartered tomatoes, stirring constantly. These remaining tomatoes do not need to be crushed. They will soften with heating and stirring. Continue until all tomatoes are added. Then boil gently 5 minutes. **Add bottled lemon juice or citric acid to jars** (See acidification directions). Add 1 teaspoon of salt per quart to the jars, if desired. Fill jars immediately with hot tomatoes, leaving ½-inch headspace. Adjust lids and process. Recommended process times are given in Table 1, Table 2, and Table 3. (Acidification is still required for the pressure canning options; follow all steps in the Procedures above for any of the processing options.)

Table 1. Recommended process time for **Crushed Tomatoes** in a boiling-water canner.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	35 min	40	45	50
	Quarts	45	50	55	60

Table 2. Recommended process time for **Crushed Tomatoes** in a weighted-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Gauge Pressure (PSI) at Altitudes	
			0 - 1,000 ft	Above 1,000 ft
Hot	Pints or Quarts	20 min	5 lb	10 lb
		15	10	15
		10	15	Not Recommended

Table 3. Recommended process time for **Crushed Tomatoes** in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Gauge Pressure (PSI) at Altitudes of			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints or Quarts	20 min	6 lb	7 lb	8 lb	9 lb
		15	11	12	13	14

Whole or Halved Tomatoes (packed in water)

Quantity: An average of 21 pounds is needed per canner load of 7 quarts; an average of 13 pounds is needed per canner load of 9 pints. A bushel weighs 53 pounds and yields 15 to 21 quarts-an average of 3 pounds per quart.

Procedure for hot or raw tomatoes filled with water in jars: Wash tomatoes. Dip in boiling water for 30 to 60 seconds or until skins split; then dip in cold water. Slip off skins and remove cores. Leave whole or halve. **Add bottled lemon juice or citric acid to jars** (See acidification directions). Add 1 teaspoon of salt per quart to the jars, if desired.

Raw pack -- Heat water, for packing tomatoes, to boiling. Fill hot jars with prepared raw tomatoes, leaving ½-inch headspace. Cover tomatoes in the jars with boiling water, leaving ½-inch headspace.

Hot pack -- Put prepared tomatoes in a large saucepan and add enough water to completely cover them. Boil tomatoes gently for 5 minutes. Fill hot jars with hot tomatoes leaving ½-inch headspace. Add cooking liquid to the jars to cover the tomatoes, leaving ½-inch headspace.

Adjust lids and process according to the recommendations in Table 1, Table 2, or Table 3, depending on the method of canning used. (Acidification is still required for the pressure canning options; follow all steps in the Procedures above for any of the processing options.)

Table 1. Recommended process time for **water-packed Whole or Halved Tomatoes** in a boiling-water canner.

Style of Pack	Jar Size	Process Time at Altitudes of			
		0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot & Raw	Pints	40 min	45	50	55
	Quarts	45	50	55	60

Table 2. Recommended process time for **water-packed Whole or Halved Tomatoes** in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Gauge Pressure (PSI) at Altitudes of			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot & Raw	Pints or Quarts	15 min	6 lb	7 lb	8 lb	9 lb
		10	11	12	13	14

Table 3. Recommended process time for **water-packed Whole or Halved Tomatoes** in a weighted-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Gauge Pressure (PSI) at Altitudes	
			0 - 1,000 ft	Above 1,000 ft
Hot & Raw	Pints or Quarts	15 min	5 lb	10 lb
		10	10	15
		1	15	Not Recommended

Standard Tomato Sauce

Quantity: *For thin sauce* – An average of 35 pounds is needed per canner load of 7 quarts; an average of 21 pounds is needed per canner load of 9 pints. A bushel weighs 53 pounds and yields 10 to 12 quarts of sauce-an average of 5 pounds per quart.

For thick sauce – An average of 46 pounds is needed per canner load of 7 quarts; an average of 28

pounds is needed per canner load of 9 pints. A bushel weighs 53 pounds and yields 7 to 9 quarts of sauce-an average of 6½ pounds per quart.

Procedure: Prepare and press as for making tomato juice. Simmer in large-diameter saucepan until sauce reaches desired consistency Boil until volume is reduced by about one-third for thin sauce, or by one-half for thick sauce. **Add bottled lemon juice or citric acid to jars** (See acidification directions). Add 1 teaspoon of salt per quart to the jars, if desired. Fill jars, leaving ¼-inch headspace. Adjust lids and process. Recommended process times are given in Table 1, Table 2, and Table 3. (Acidification is still required for the pressure canning options; follow all steps in the Procedures above for any of the processing options.)

Table 1. Recommended process time for **Standard Tomato Sauce** in a boiling-water canner.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	35 min	40	45	50
	Quarts	40	45	50	55

Table 2. Recommended process time for **Standard Tomato Sauce** in a dial-gauge pressure canner

		Canner Gauge Pressure (PSI) at Altitudes of				
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints or Quarts	20 min	6 lb	7 lb	8 lb	9 lb
		15	11	12	13	14

Table 3. Recommended process time for **Standard Tomato Sauce** in a weighted-gauge pressure canner.

		Canner Gauge Pressure (PSI) at Altitudes		
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints or Quarts	20 min	5 lb	10 lb
		15	10	15
		10	15	Not Recommended

Chile Salsa (Hot Tomato-Pepper Sauce)

- 5 lbs tomatoes (as purchased)
- 2 lbs chile peppers (as purchased)
- 1 lb onions (as purchased)
- 1 cup vinegar (5 percent)
- 3 tsp salt
- 1/2 tsp pepper

Yield: 6 to 8 pints

Procedure:

Caution: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Peel and prepare chile peppers as described in making Mexican Tomato Sauce. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores. Coarsely chop tomatoes and combine chopped peppers, onions, and remaining ingredients in a large saucepan. Heat to boil, and simmer 10 minutes. Fill jars, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations in Table 1.

Table 1. Recommended process time for Chile Salsa in a boiling-water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

Tomato and Green Chile Salsa

- 3 cups peeled, cored, chopped tomatoes
- 3 cups seeded, chopped long green chiles
- ¾ cup chopped onions
- 1 jalapeño pepper, seeded and finely chopped
- 6 cloves garlic, finely chopped
- 1-½ cups vinegar (5 percent)
- ½ teaspoon ground cumin
- 2 teaspoons oregano leaves
- 1-½ teaspoons salt

Yield: About 3 pints

Procedure:

Caution: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Preparing Peppers: The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough and can be removed by heating the peppers. Usually when peppers are finely chopped, they do not need to be peeled. If you choose to peel chiles, slit each pepper along the side to allow steam to escape. Peel using one of these two methods:

- *Oven or broiler method to blister skins* - Place chiles in a hot oven (400°F) or broiler for 6 to 8 minutes until skins blister.
- *Range-top method to blister skins* - Cover hot burner (either gas or electric) with heavy wire mesh. Place peppers on burner for several minutes until skins blister.
- *To peel*, after blistering skins, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier.) Cool several minutes; slip off skins. Discard seeds and chop.

Hot Pack: Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot into clean, hot pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids. Process in a boiling water canner according to the recommendations in Table 1.

Table 1. Recommended process time for **Tomato and Green Chile Salsa** in a boiling-water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

IMPORTANT:

The only changes you can safely make in this salsa recipe are to substitute bottled lemon juice for the vinegar and to change the amount of salt and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe.

Nutrition Information (Estimated values using Nutritionist Pro™ software)

Per 2 Tbsp: Calories 9, Total Fat 0 g, Sodium 75 mg, Fiber 0 g, Protein 0 g.

Daily Values: Vitamin A 4%, Vitamin C 41%, Calcium 1%, Iron 1%.

Percent Daily Values based on Dietary Reference Intakes.

Recipes are adapted from:

- "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009. They are available from The National Center for Home Food Preservation at http://nchfp.uga.edu/how/veg_pick.html
- With permission from *Salsa Recipes for Canning*, PNW0395, by Val Hillers and Richard Dougherty, Washington State University. Pullman, WA: Pacific Northwest Extension Publications, 2000 revision. (National Center for Home Food Preservation, August 2004)

They are available from The National Center for Home Food Preservation at http://nchfp.uga.edu/how/can3_tomato.html