

*5 Canning Recipes for  
Beginning Canners  
Perfect for Kids*

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*You are in the right place if:*

*\*You are brand new to canning*

*\*Want to feed your crew better food this school year*

*\*Are busy*

*\*Need inspiration to stay out of the food rut we sometimes get in*

*All 5 of the recipes I'll share here today are beginner friendly canning recipes that are kid friendly and lunch box suited.*



*Apple Butter*

*Note: This recipe takes up to 12 hours to cook entirely. Most of that is in a crock pot. Your active time is about 2 hours preceding, but plan ahead to either let the apple butter cook all day*

*You will need: 6 pounds of apples- if you have a food mill, you don't have to peel and core them.*

*6 cups water*

*about 1 cup sugar-if you plan on eating this*

*Combine the apples and 6 cups of water to a boil and cook at a medium boil until the apples are broken down, soft, and falling apart, about 30-45 minutes.*

*Process the apples in a food mill. Put the puree in a crockpot and add the spices (that you can customize to your liking) and about 2 tablespoons of sugar per measuring cup sauce*

*Cook on the “low” setting on the crock pot or slow cooker for 9 to 12 hours, stirring every couple hours, scraping the bottom and sides, and maybe propping the lid a bit akimbo so*

*WAIT UNTIL THE APPLE BUTTER IS COOKED  
IN THE CROCK POT TO DO THE  
FOLLOWING: Fill your pot with jars of your  
choice, hot tap water, and put on the stove on*

*At this point, to have the smoothest apple butter, use an immersion blender to further blend the apples smooth.*

*Now that the apple butter is cooked, move the butter from the crockpot to a preserving pan and bring to a boil. While it is heating, you can prepare your boiling water bath, as if at the*

*Have your funnel, jar lifter, ladle, lid lifter and towel next to the stove. Pull the hot jars one at a time from the water, pour water back into the pot, set jar on the towel-covered countertop.*

*Bring the water bath pot back to a boil. Set your timer for 10 minutes plus 5 minutes for every 1000 feet above sea level.*

*When the time has passed, turn the stove off and use the jar lifter to remove the hot jars one at a time to rest gently on the towel-covered countertop. The lids can start to “ping” or seal*

*If the jars seal, which they should, label and store in a cool place out of direct sunlight. If they do not seal, refrigerate.*

*What can you do with apple butter?  
Think peanut butter & jelly, dipper for  
apple slices, on graham crackers...*

# *Tomato Sauce*

*This recipe yields about 4 pint jars but bear in mind that tomatoes, sometimes more than other items, vary a lot depending on their water content, the variety, and the cooking time.*

*You need: about 12 lbs of Roma tomatoes. Note:  
I have made this recipe with a mix of Romas  
and whatever other variety I grabbed from the  
market without ill effect. Feel free to mix up the*

*You need 12 lbs Roma or other tomatoes  
1 tablespoon olive oil  
12 ounces diced onion (I use yellow or white), 12  
ounces is roughly 2 small onions, or 1 large.*

*Note: Getting the tomato ready to put into hot jars takes over an hour. If you have a big canning pot with lots of water, you can bring it to a boil now, or wait till you have the tomato*

*To peel the tomatoes you have 2 choices. You can skip peeling, chop, and process through a food mill.*

*Or, you can peel the tomatoes using this method. It is up to you. This method probably takes about the same amount of time as processing in a food mill, but is hotter and*

*Fill any kind of pot you like with hot water. It needs to be filled with about 4 inches of water if not more. Bring to a boil. Meanwhile, prepare a bowl of ice water. Drop a few tomatoes at a*

*Sometimes I leave them in the boiling water for up to a minute if the skins aren't coming loose. Remove the tomatoes from the boiling water with a slotted spoon (that's a spoon with holes*

*In another bowl (this method makes a lot of dirty dishes) put the peels and cores. You can cut the cores out with a knife or use your fingers. Put the peeled tomatoes into the hopper*

*Note: processing the tomatoes through the food mill with the skins ON takes longer than if they were removed first. It takes more physical effort to process them through.*

*Once you have your tomatoes peeled  
and processed through the food mill,  
set them aside.*

*If you have not brought your canning pot to a boil to sterilize and heat your jars yet, now is the time to do so. Waiting until now can keep your kitchen from getting too steamy and is*

*In your preserving pan, heat the oil over medium high heat and add the onion and garlic. Cook until the onion pieces are see-through, which takes about 5 minutes. Note: Garlic and*

*Pour the pureed tomatoes over the garlic & onions. Bring to a simmer (a slow boil) and stir every few minutes. The sauce will darken and thicken over the next 45 minutes. You can leave*

*Have your funnel, jar lifter, ladle, lid lifter, 1/2 teaspoon spoon, and citric acid and towel next to the stove. Pull the hot jars one at a time from the water, pour water back into the pot, set jar*

*You don't need to worry about stirring the citric acid. Just add it to the jar as soon as it is on your countertop and ladle the sauce on top.*

*Set the timer for 35 minutes plus 5 minutes for every 1000 feet in elevation above sea level. When the time has passed, use the jar lifter to remove the jars from the hot water. Set hot jars*

*Strawberry Kiwi  
Lemonade Concentrate*

You need:

3 cups strawberries with stems and leaves removed, rough chopped

3 cups kiwi fruit, peeled

4 cups bottled lemon juice

6 cups sugar

Note: If you haven't kiwi, you can just double the amount of strawberries and skip the kiwi entirely.

Prepare your processing pot with about 5 pint jars, prepare you lids and rings in a saucepan and bring both to a gentle boil.

Blend the fruit together in a blender, food processor, with an immersion blender, or food mill (a baby food mill would work fine!). If you haven't one of these appliances, just chop the fruit into small pieces and don't worry. It will cook down readily.

Put the pureed fruit into the preserving pan. Add the lemon juice and sugar and stir to combine.

Bring fruit, lemon juice, and sugar to a gentle simmer. You want the sugar to dissolve but you don't want the fruit to come to a rapid boil lest the fresh fruit flavor disappear. If it comes to a full boil, that is okay, but the flavor is a bit better if you can avoid a rolling boil.

Using the jar lifter, pull one jar from the boiling water and pour the hot water back into the pot or the nearby saucepan. Set it carefully on the towel-covered countertop. Using your funnel and a ladle, fill the hot jar with hot fruit puree. Leave  $\frac{1}{2}$  an inch between the top of the fruit and the top of the jar. Use the lid lifter to pull a lid and ring from the saucepan and put the lid and ring on the jar. Tighten only as tight as you might a faucet in the bathroom. You don't need or want it super tight. Use the jar lifter to put the hot jar full of hot fruit back into the hot water.

Set the timer for 5 minutes. For every 1000 feet of elevation you live above sea level, add 5 minutes.

*Remove the jars when time is up and when cool, label and store. To serve, mix 1 part concentrate with 2-4 parts cold water and stir to combine.*



*Best Berry Jam*

This recipe yields 8 measuring cups of jam.

**You need:**

6 cups marion and/or blackberries

3 cups strawberries

½ cup bottled lemon juice, or 1 tablespoon for every cup of berries, if you are doubling or halving this recipe

6 cups sugar

Half a box of powdered pectin and a whisk with which to mix it

A food mill with the plate with the smallest holes.

This recipe will yield about 8 measuring cups of jam, so you will need 8 half pint jars, or 4 pint jars, or the equivalent, in the water bath processing pot. Fill the pot with the jars and hot water from the tap and bring to a boil.

Put 8+ new lids and rings in a saucepan and fill halfway with water and bring to a simmer.

Prepare the fruit: You can gently rinse the berries in a colander but be careful: the more handling the berries get, the more they will fall apart and more juice will end up everywhere but the canning jar. Remove stems from strawberries and chop. You can play with the amounts of strawberries and blackberries; it is okay.

Combine fruit in preserving pan and bring to a gentle boil for 5-10 minutes.

Pour hot fruit slowly and carefully into the top of the food mill, which should be set over a large bowl or another preserving pan. Work all the fruit through the food mill and notice all the seeds that remain in the top section of the hopper.

Return the fruit to the preserving pan and add the sugar and lemon juice. Bring to a gentle boil and stir to dissolve sugar. Let the jam boil gently for another 10 minutes.

Whisk in half a package of powdered pectin when you are ready to can. That means be sure your processing pot is ready and has been boiling, you have a towel covering the countertop, and you have your jar lifter and funnel and lid lifter ready.

Using your jar lifter, pull one jar at a time from the boiling water bath. Pour the hot water from it, and rest it on the countertop. Use the funnel and a ladle to fill the hot jar with hot jam. Maintain a half inch headspace. Apply lids and rings and return jar to the processing pot. Repeat with the remaining jars. Bring the processing pot back up to boiling and process for 15 minutes, and be sure to add 5 minutes for every 1000 feet above sea level at which you are canning.

Remove the jars and gently rest on the towel covered counter and listen for the distinctive “ping” of the jars sealing. Label cooled jars and store.

*Carrot Pickles: Easy to keep  
crisp, & a healthy, savory snack!*

*2 pounds good quality carrots, scrubbed.  
5 1/2 cups apple cider vinegar  
1 tablespoon salt  
3 tablespoons sugar  
4 cloves garlic, sliced*

*1/2 small white onion sliced thin, or  
diced  
1 cup of water*

*Optional seasoning: 1/2 teaspoon black pepper,  
1 bay leaf per jar, 1 sprig thyme or dill per jar,  
shake of red pepper flakes to taste, about 1/2  
teaspoon per jar*

*Cut carrots into sticks that are about 1/2 inch thick and no more than 4 inches tall if you are using pint jars. Let rest in ice water while you prepare your pots.*

*Heat the processing pot full of 4-5 pint jars and water to a boil. Bring saucepan of lids and rings to a simmer.*

*In the preserving pan combine the vinegar, 1 cup of water, salt, sugar, and any seasonings. Bring to a simmer and then add the carrots until they are just tender, about 9 minutes.*

*Use the jar lifter to carefully remove a hot jar from the boiling water bath. Pour the hot water back into the pot, into the saucepan, or into the sink.*

*Using the funnel, pack the hot carrots into the jars (not tight, just full), and then ladle the hot brine carefully over the carrots, giving it a chance to seep to the bottom. You may have to distribute pieces of onion and garlic and seasonings jar by jar using a clean, long handled spoon.*

*After one jar is filled with carrots and covered with brine, put the lid and ring on and return it to the boiling water bath carefully.*

*Repeat with remaining  
jars.*

*When all the jars are filled, bring the pot back up to boil and process for 15 minutes, and add 5 minutes for every 1000 feet you live above sea level.*

*When the time is up, remove the jars carefully to rest and seal on the towel covered countertop. Label cool jars and store.*

*Applesauce: Canned in  
little serving sizes*

*You need 6 pounds of apples and 10 half pints, or equivalent of even smaller jars.*

*The apples need to be prepared depending on the kitchen tool you will use to do so. If you don't have a food mill and only a blender, you will need to peel and core your apples first.*

*Cut apples into chunks and add to a large preserving pan. Add 2 cups water and bring to a boil. Cook until apples have broken down, are soft looking, and peels are separated from the rest of the apple. This takes about 40 minutes.*

*While the apples cook, bring the water bath pot to boil and if you are using many small jars for this recipe, you might start a second processing pot. Bring pot(s) to a boil. Bring saucepan with lids and rings to a simmer.*

*Work the apples through a food mill set on the smallest holed disk. Or, if you peeled and cored the apples first, you can process them into a smooth puree in a blender or food processor.*

*Return the apple puree to a clean preserving pan. Taste, and add up to 1 cup sugar, maple syrup, or honey, if you desire, in 1/4 cup increments. You also can add cinnamon and/or clove in 1 teaspoon increments. I err on the side of less sugar but I won't tell if you have to add some to make your children eat it.*

*Bring applesauce to a boil  
for 5 minutes.*

*Using the jar lifter, carefully remove 1 hot jar from the hot water. Pour the hot water back into the pot, into the saucepan or out into the sink. Set the hot jar on the towel covered countertop.*

*Ladle the hot sauce into hot jars, leaving 1/2 inch headspace. Add lid and ring and return the jar to the water bath. Repeat with all jars.*

*Bring the water bath processing pot back up to boil, and process for 15 minutes, adding 5 additional minutes for every 1000 feet you live above sea level.*

*When the time is up, carefully remove the jars to the towel covered countertop to seal and cool. Label cooled jars and store.*