

Sensible Survival Solution



Pressure Canning Seasoned Hamburger

Ingredients

- 6 Pounds of hamburger (93% lean)
- Your personal spices to add to your taste
- 5 Wide mouth pint canning jars with lids and bands

Prep/Cook

- Add seasoning to your taste.
- Cook hamburger to about 50% done.
- Strain hamburger in a large colander.
- Place in large bowl
- Place jar lids in a small pan with water and bring to a boil. Turn off heat and let sit.

Prepare Jars

- Sterilize jars and lids before beginning.
- We use wide mouth pint jars.
- Add hamburger to jars.
- Use a tool to press hamburger into the jars to eliminate gaps and air.
- Filling each jar to within 1" of the top.
- You should get about 1 pound of hamburger per jar.
- Wipe rims of the jars.
- Add lids to the jars using a magnetic stick.
- Add bands to each jar. Finger tight.

Pressure Can

- Consult your canning instructions for your area and altitude.
- In my area (Sea level) I can mine for 80 minutes.
- You use the instructions for your area/region.