

Sensible Survival Solution



Pressure Canning Seasoned Pork Chunks

Ingredients

- 9.5 Pounds of pork loin
- Your personal spices to add to your taste
- 9 Wide mouth pint canning jars with lids and bands

Prep/Cook

- Cut pork loin into 1" x 1" chunks
- Trim fat from the pork as you go
- Place in large bowl
- Add seasoning to your taste. We find pork to be plain so we hit it hard with spices.
- 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 pork chunks to jars. Filling each jar to within 1" of the top.
- Use a tool to press pork into the jars to eliminate gaps and air.
- You should get about 1 pound of pork 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.