

Spaghetti Sauce with Meat

Yield: about 9 pints or 5 quarts

30 pounds tomatoes	1 pound mushrooms, sliced (optional)
2-1/2 pounds ground beef or sausage	4 tablespoons chopped fresh parsley
5 cloves garlic, minced	1/4 cup lightly packed brown sugar
1 cup chopped onions	2 tablespoons dried oregano
1 cup chopped seeded green bell pepper or celery	4 teaspoons salt
	2 teaspoons freshly ground black pepper

1. Wash tomatoes, removing stems and any bruised or discolored portions. Core and quarter 6 tomatoes and place in a large stainless steel saucepan. Bring to a boil over high heat. Using a potato masher, crush tomatoes to release juices, stirring constantly. While maintaining a boil and stirring to prevent scorching, core and quarter additional tomatoes, adding them to the saucepan as you work. Make sure the mixture continues to boil vigorously while you add, stir and crush the remaining tomatoes. When all tomatoes have been added, reduce heat and boil gently until tomatoes are soft, about 10 minutes.
2. Working in batches, press tomato mixture through a fine sieve or food mill. Discard peels and seeds. Set puree aside.
3. Prepare pressure canner. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
4. In a large stainless steel skillet, over medium heat, brown ground beef, breaking it up with a fork, until no longer pink. Drain off excess fat. Add garlic, onions, green pepper and mushrooms, if using. Sauté until vegetables are tender, about 3 minutes.
5. In a large stainless steel saucepan, combine reserved tomato puree, meat mixture, parsley, brown sugar, oregano, salt and pepper. Add water to make a thinner sauce, if desired. Bring to a boil over medium-high heat and boil, stirring occasionally, for 5 minutes, until heated through.
6. Ladle hot sauce into hot jars, leaving 1-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rim with vinegar. Apply lids.
7. Place jars in pressure canner. Adjust water level to 2 or 3 inches, lock lid and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 10 pounds pressure for altitudes below 1,000 feet. Increase pressure for higher altitudes according altitude chart above.
8. Process in a pressure canner according to the tables on the next page.

Weighted gauge pressure canner: Process Time and Pressure at Altitudes of:

Jar Size	Process Time	0 - 1,000 feet	Above 1,000 feet
Pints	60 minutes	10 lb	15 lb
Quarts	70 minutes	10 lb	15 lb

Dial-gauge pressure canner: Process Time and Pressure at Altitudes of:

Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft	8,001 – 10,000 ft
Pints	60 min	11 lb	12 lb	13 lb	14 lb	15 lb
Quarts	70 min	11 lb	12 lb	13 lb	14 lb	15 lb

Source: Ball Complete Book of Home Preservation, 2006/2012