Beans or Peas - Shelled, Dried: All Varieties\n

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Quantity: An average of 5 pounds is needed per canner load of 7 quarts; an average of 3¼ pounds is needed per canner load of 9 pints--an average of ¾ pounds per quart.\n

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Quality: Select mature, dry seeds. Sort out and discard discolored seeds.\n

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Procedure: Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add ½ teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans or peas and cooking water, leaving 1-inch headspace.\n

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Adjust lids and process as recommended in Table 1 or Table 2 according to the method of canning used.\n