



Pressure Canned Mixed Vegetables (Mirepoix)

Quantities:

- 8 cups sliced or diced carrots
- 4 cups sliced or diced onions
- 6 cups sliced or diced celery
- 8 cups sliced parsnips
- 6 cups cubed zucchini
- 7 bay leaves (optional)
- 1 whole allspice (optional)

Optional mix – You may change the suggested proportions or substitute other favorite vegetables *except* leafy greens, dried beans, cream-style corn, winter squash and sweet potatoes.

Yield: 7 quarts or 14 pints

Please read *Using Pressure Canners* (see Homemade Chicken Soup Class handbook) before beginning. If this is your first-time canning, it is recommended that you read *Principles of Home Canning*, USDA publication: https://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf.

Procedure: Except for zucchini, **wash and prepare** vegetables as described for carrots, corn, lima beans, snap beans or Italian beans and tomatoes. Wash, trim, and slice or cube zucchini; combine all vegetables in a large pot or kettle; add ample water to cover all the vegetables well. Boil the vegetables and liquid for 5 minutes. Fill jars with hot vegetable pieces and liquid, leaving 1-inch headspace. **NOTE:** You may wish to separate vegetables from liquid, so that equal amounts of vegetables and liquid are apportioned to each jar.

Add 1 teaspoon salt and optional spices to each quart jar, if desired.

Wash and Prepare:

1. Carrots and Parsnips:

- Quality:** Select small carrots (or parsnips), preferably 1 to 1-1/4 inches in diameter. Larger carrots are often too fibrous. (Note: When canning carrots only, an average of 17-1/2 pounds (without tops) is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel (without tops) weighs 50 pounds and yields 17 to 25 quarts – an average of 2-1/2 pounds per quart.)
- Procedure:** Wash, peel, and rewash carrots. Slice or dice.
- Quantity:** 8 cups sliced or diced

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2. Onions:
 - a. Procedure: Wash, peel, and rewash onions. Slice or dice.
 - b. Quantity: 4 cups
3. Celery
 - a. Procedure: Wash, peel, and rewash celery. Slice or dice.
 - b. Quantity: 6 cups
4. Zucchini Squash:
 - a. Procedure: wash, slice and then cube.
 - b. Quantity: 6 cups

Wipe the rims of the jars with a dampened towel. Add canning lids and ring bands tightening to finger tightness. Process following the recommendations in Table 1 or Table 2 according to the method of canning used.

Table 1. Recommended process time for **Mixed Vegetables** in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

Table 2. Recommended process time for **Mixed Vegetable** in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	75 min	10 lb	15 lb
	Quarts	90	10	15

This document was extracted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA. Source: 2015 Edition of USDA Complete Guide to Home Canning Guide 4, Mixed Vegetables found on pages 12-13. https://nchfp.uga.edu/publications/usda/GUIDE04_HomeCan_rev0715.pdf