



Entrées in a Jar

Wouldn't it be nice to come home from a busy day, grab a mason jar and have a delicious homemade dinner ready to eat in the time it takes to heat it up? In this class, we will demonstrate how to prepare an Entrée in a Jar meal your family will love. Techniques will use various food preservation and storage techniques such as pressure canning, freezing, dehydrating, and vacuum sealing. Did we mention that these make great gifts too? For instructions on canning, freezing, and dehydration procedures, download our process guides at <http://ucanr.edu/csmfpclasses>.

Recipe List:

Chicken Curry, pressure-canned
Beef Stroganoff, pressure-canned
Pot Roast, pressure-canned
Italian Barley Soup, dehydrated

Mushroom Barley Soup, dehydrated
Spaghetti Sauce and One-pot spaghetti, dehydrated
Spaghetti Sauce with Meat, for freezing

Chicken Curry

pressure-canned

Ingredients:

2 lb. boneless chicken, cut into 2-inch chunks
1 cup finely chopped onion
1 cup finely chopped tomato
1 cup peeled and diced potato
½ cup raisins
Chicken broth

2 tsp salt
4 Tbsp chopped fresh cilantro
4 Tbsp tomato paste
1 tsp curry powder
1 tsp garam masala

Procedure:

Prepare pressure canner, quart (2) or pint (4) jars and lids, keep warm until ready to fill.
Heat broth; in a large bowl, toss all other ingredients together until well mixed.
Pack mixture into hot jars tightly, leaving 1-inch headspace; ladle hot broth into jars, leaving 1-inch headspace, remove air bubbles and add more broth if necessary.
Apply lids and rings to fingertip-tight.
Process at 10-lb pressure (15-lb for over 1000 ft. altitude), 75 minutes for pints, 90 minutes for quarts.

To use:

Heat in saucepan 10 min. over medium heat, stirring frequently. Serve over hot cooked rice.

Source: The All New Ball Book of Canning and Preserving

Beef Stroganoff*pressure-canned*

Ingredients:

2 lb. boneless beef chuck, trimmed and cut into 2-inch chunks	2 tsp salt
1 cup sliced mushrooms	1 tsp black pepper
1 cup chopped onion	4 Tbsp Worcestershire sauce
2 garlic cloves, sliced	4 Tbsp tomato paste
Beef broth	2 tsp dried thyme
	2 tsp dried parsley

Procedure:

Prepare pressure canner, quart (2) or pint (4) jars and lids, keep warm until ready to fill.

Heat broth; in a large bowl, toss all other ingredients together until well mixed.

Pack mixture into hot jars tightly, leaving 1-inch headspace; ladle hot broth into jars, leaving 1-inch headspace, remove air bubbles and add more broth if necessary.

Apply lids and rings to fingertip-tight.

Process at 10-lb pressure (15-lb for over 1000 ft. altitude), 75 minutes for pints, 90 minutes for quarts.

To use:

Heat in saucepan and whisk in 1 Tbsp flour per pint, simmer 10 min. over medium heat, stirring frequently; remove from heat and stir in a large spoon of sour cream. Serve over hot cooked noodles.

Source: The All New Ball Book of Canning and Preserving

Pot Roast*pressure-canned*

Ingredients:

2 lb. boneless beef chuck, trimmed and cut into 2-inch chunks	2 tsp salt
1 peeled and diced potato	1 tsp black pepper
1 cup diced onion	2 bay leaves
½ cup diced celery	2 tsp dried thyme
1 cup sliced carrot	1 cup dry red wine
Beef broth	2 garlic cloves, sliced

Procedure:

Prepare pressure canner, quart (2) or pint (4) jars and lids, keep warm until ready to fill.

Heat broth; in a large bowl, toss all other ingredients together until well mixed.

Pack mixture into hot jars tightly, leaving 1-inch headspace; ladle hot broth into jars, leaving 1-inch headspace, remove air bubbles and add more broth if necessary.

Apply lids and rings to fingertip-tight.

Process at 10-lb pressure (15-lb for over 1000 ft. altitude), 75 minutes for pints, 90 minutes for quarts.

To use:

Heat in saucepan and whisk in 1 Tbsp flour per pint, simmer 10 min. over medium heat, stirring frequently.

Source: The All New Ball Book of Canning and Preserving

Italian Barley Soup Mix

*dehydrated**Ingredients:*

1 cup pearled barley
½ cup dried tomato
1 Tbsp dried chopped onion
1 Tbsp dried minced garlic (or 1 tsp garlic powder)
2 Tbsp dried basil
1 Tbsp dried oregano
1 Tbsp dried parsley flakes
1 tsp (or one cube) chicken bouillon
Salt and pepper to taste

Procedure:

Layer all ingredients in a clean pint-size jar in the order listed.

To use:

Add contents of jar, 4 cups water, and one 14-oz can diced tomatoes to saucepan.
Bring to boil over high heat, reduce heat to low, and simmer until barley is tender, approximately 40-50 min.
Season to taste with salt and pepper.

Source: UCCE Master Food Preservers of Amador/Calaveras

Mushroom Barley Soup Mix

*dehydrated**Ingredients:*

½ cup dried barley	2 Tbsp dried parsley flakes
¼ cup dried carrot slices	2 Tbsp dried dill
¼ cup dried mushroom slices	2 bay leaves
2 Tbsp dried onions, minced	2 beef bouillon cubes or 2 tsp bouillon powder

Procedure:

Place carrot slices in a small plastic bag; layer all ingredients in a clean pint-size jar with carrot bag on top.

To use:

Rehydrate carrot slices in one cup boiling water for one hour; drain.
In saucepan, add 1 quart boiling water to mix, along with drained rehydrated carrots and simmer until barley is tender, approximately 40-50 minutes.
Season to taste with salt and pepper.

Source: budget101.com

Spaghetti Sauce Mix (and One-Pot Spaghetti)*dehydrated**Ingredients:*

2 Tbsp dried onion	1 tsp sugar
1 Tbsp dried parsley	1 Tbsp dried oregano
3 tsp cornstarch	1 Tbsp dried basil
1 Tbsp dried green pepper	1 cup tomato powder
1½ tsp salt	1 cup dried sliced mushrooms
	½ tsp garlic powder

Procedure:

Combine all ingredients and seal in zip lock or vacuum seal bag or jar.

To use:

Add 4 cups of water to mix, let stand for about 30 min to rehydrate; cook on medium heat until thick. Serves 4.

Optional, for One-Pot Spaghetti:

Add 12 oz. of thin spaghetti noodles and cook pasta with the sauce; increase water to 6-8 cups or more, as needed. Follow directions above, simmer until sauce is thick and pasta is done (not chewy), about 15-20 min. Top with Parmesan cheese. Serves 4.

Source: UCCE Master Food Preservers of Amador/Calaveras

Spaghetti Sauce*for freezing**Ingredients:*

2 cups chopped onion	3 (8-oz) cans tomato sauce
2 cups chopped green onion	1 (29-oz) can whole tomatoes, chopped
1 cup chopped celery	2 bay leaves
4 cloves garlic, minced	1 tsp dried oregano
2 Tbsp extra-virgin olive oil	1 tsp dried basil
2 lb. ground beef	1 tsp salt
3 (6-oz) cans tomato paste	¼ tsp pepper

Procedure:

Sauté onion, green pepper, celery, and garlic in oil until onions are tender.

Add ground beef; cook until browned. Drain off excess fat.

Add remaining ingredients, simmer one hour, remove bay leaves, cool.

Ladle sauce into plastic freezer jars or plastic freezer containers, leaving ½-inch headspace.

Seal, label, and freeze.

Source: Ball Blue Book Guide to Preserving

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