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Moroccan Chicken with Chickpeas and Apricots

This fragrant Moroccan classic is the perfect combination of earthy and sweet. Packed with protein, it is a flavorful and filling meal in a jar. Enjoy served over a bed of couscous or alongside roasted potatoes and a side salad. It is a favorite for me and my daughter when served over brown rice.

PREP TIME: 15 minutes **COOK TIME:** 40 minutes

PROCESS TIME: 90 or 75 minutes **YIELD:** 5 quarts or 10 pints

INGREDIENTS

- 2 T. olive oil
- 20 boneless, skinless 4 oz. chicken thighs
- 1 medium red onion, diced (2 cups)
- 12 garlic cloves, coarsely chopped
- 2-inch gingerroot, peeled and grated (2 T.)
- 4 cups chicken broth
- 4 cups chickpeas, home canned or store bought, drained and rinsed
- 6 Roma tomatoes, diced (2 cups)
- 2 cups dried apricots, coarsely chopped
- 1 T. ground cinnamon
- 1 T. coriander
- 1 T. ground cumin
- 2 tsp. ground turmeric

DIRECTIONS

1. Heat the oil in a large stockpot over medium-high heat. Working in batches, add chicken to the stockpot and brown each side for about 5 minutes, being careful not to overcrowd the stockpot. Set the chicken aside.
2. Add the onion, garlic, and ginger and cook them for about 8 minutes or until the onion is soft. Add the broth, chickpeas, tomatoes, apricots, cinnamon, coriander, cumin, turmeric, and browned chicken and mix well. Cook the chickpea mixture for an additional 10 minutes.
3. Using tongs, place 4 chicken thighs in each quart jar, and 2 chicken thighs to each pint. Using a funnel, ladle the chickpea mixture into each jar, leaving 1 inch of headspace. Remove any trapped air pockets and add additional mixture to maintain the 1-inch headspace.
4. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
5. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.





Korean Bulgogi

This version of Korean bulgogi is an absolute delight, and having jars of its yummy goodness sitting in your pantry will make meal prep a cinch! Ground beef simmered in a delicious sauce made from ginger, red pepper flakes, and a bit of sesame oil will brighten up an otherwise dull day. Serve with rice and top with sliced green onions or use in your favorite Asian dish.

PREP TIME: 10 minutes **COOK TIME:** 35 minutes

PROCESS TIME: 90 or 75 minutes **YIELD:** 5 quarts or 10 pints

DIRECTIONS

1. Place the ground beef in a stockpot and cook it over medium-high heat for about 20 minutes or until browned. Drain the grease in a colander and return the cooked beef to stockpot.
2. Add the brown sugar, soy sauce, garlic, sesame oil, ginger, red pepper flakes, and sesame seeds. Mix well and cook the mixture for an additional 15 minutes.
3. Using a funnel, ladle the bulgogi into jars and pack down using your headspace-measuring tool, leaving 1 inch of headspace.
4. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
5. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.

RECIPE TIP: *Upon cooling, the naturally remaining fat will solidify in the jar, often near the top. This is completely normal and may remain or be removed when popping a jar lid to heat and eat the meal.*

INGREDIENTS

- 12 lbs. ground beef
- 1 cup packed brown sugar
- 1 cup soy sauce
- 2 heads garlic, minced (½ cup)
- 4 T. sesame oil
- 3-inch gingerroot, peeled and minced (3 T.)
- 1 to 2 T. red pepper flakes
- 1 T. sesame seeds

Chile Rellenos

Enjoy this fun spin on a Mexican favorite using poblano peppers, corn, black beans, tomatoes, and seasonings. When you're ready to eat it, carefully remove the stuffed peppers from their wide-mouthed jar, place them onto a baking dish cut-side up, sprinkle with cheese, and bake them at 400°F (204°C) for 20 to 25 minutes or until they are cooked through and bubbling.

PREP TIME: 15 minutes **COOK TIME:** 50 minutes

PROCESS TIME: 90 minutes **YIELD:** 7 quarts

INGREDIENTS

- 21 poblano peppers with stems intact
- 3 (15 oz.) cans black beans, drained and rinsed
- 10 Roma tomatoes, diced (3½ cups)
- 2½ cups corn kernels, fresh or frozen
- 1 Spanish onion, diced (2 cups)
- 2 jalapeños, stems and seeds removed and diced (1 cup)
- 1 bunch cilantro, chopped (1 cup)
- 1 head garlic, peeled and minced (¼ cup)
- 2 T. chili powder
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. dried oregano
- 2 tsp. paprika
- 1 tsp. ground cumin
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 (6 oz.) can tomato paste
- ½ cup water

DIRECTIONS

1. Preheat the oven to 450°F (232°C). Line a baking sheet with parchment paper and place the whole poblano peppers on the paper. Roast them for 20 to 25 minutes, turning the peppers once halfway through. Remove them from the oven to cool after both sides have blistered but not burned.
2. In a large stockpot, place the black beans, tomatoes, corn, onion, jalapeño, cilantro, and garlic. Mix well and bring it to a boil over medium-high heat. Stirring often, boil the mixture for 5 minutes, then reduce the heat and simmer for 15 minutes. Add the chili powder, garlic powder, onion powder, oregano, paprika, cumin, salt, and pepper, and mix well to blend in the spices. Add the tomato paste and water and stir until the tomato is fully dispersed. Continue to simmer for 5 minutes or until the filling has thickened.
3. Place the poblano peppers on a cutting board. Using a paring knife, gently cut longways through one side of the pepper to create a pocket. Remove and discard the seeds and membrane from inside the pepper. Using a tablespoon, fill the pocket with a generous ½ cup of the filling.
4. Carefully slide 3 stuffed peppers into each wide-mouthed quart jar, being sure the stem is below the ½-inch headspace mark.
5. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
6. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 90 minutes.

RECIPE TIP: When filling the wide-mouthed jars with stuffed poblano peppers, have the cut side face the outside of the jar to help keep the filling inside the pepper during processing. While this recipe is best suited for wide-mouthed quart jars, if your stuffed peppers are small enough to fit in a wide-mouthed pint jar, process the pint jars for 75 minutes according to your elevation.





Campfire Breakfast Hash

This amazing breakfast is the perfect start to the day. Chorizo gives it a spicy flavor, which is offset by the sweetness of red bell peppers and starchy potatoes. We love using a quart jar for a Saturday morning breakfast accompanied by scrambled eggs with cheese and a steaming cup of coffee. However, it also makes for a great weeknight meal when I need something filling and quick.

PREP TIME: 15 minutes **COOK TIME:** 15 minutes

PROCESS TIME: 90 or 75 minutes **YIELD:** 5 quarts or 10 pints

DIRECTIONS

1. Place the chorizo in a stockpot and cook it over medium-high heat for 10 minutes, breaking the meat apart into smaller pieces with your spatula. Next, mix in the potatoes, peppers, corn, onion, and garlic. Cook the hash for an additional 5 minutes.
2. Dry pack the hash into each jar using a funnel and ladle filling each jar, leaving a 1-inch headspace.
3. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
4. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.

INGREDIENT TIP: For a sweeter flavor to offset the spice, swap out the russet potatoes for an equal amount of sweet potatoes. If you wish to add more spicy heat to the recipe, add a teaspoon of cayenne pepper. You may also add 8 ounces of diced green chilies to the recipe to give it Tex-Mex flair.

INGREDIENTS

- 3 lbs. ground chorizo
- 5 medium russet potatoes, peeled and cut into ½-inch cubes (5 cups)
- 5 red bell peppers, diced into ½-inch pieces (5 cups)
- 3 cups corn kernels, fresh or frozen
- 1 yellow onion, diced (1½ cups)
- 1 head garlic, peeled and minced (¼ cup)

Baharat Lebanese Chicken

This recipe may appear simplistic, but it is loaded with flavor. Using seven of the predominant ground spices known in Middle Eastern cuisine, this recipe is the perfect main course to highlight any meal. Serve it alongside a colorful salad and with a side of couscous with golden raisins for a complete meal in minutes.

PREP TIME: 10 minutes **COOK TIME:** 20 minutes

PROCESS TIME: 90 or 75 minutes **YIELD:** 5 quarts or 10 pints

INGREDIENTS

35 to 40 boneless, skin-on 4 oz. chicken thighs, excess skin removed

Salt and pepper

4 T. olive oil, divided

1 cup slivered almonds

1 cup pine nuts

1 T. ground coriander

1 T. ground cumin

½ T. ground nutmeg

½ T. paprika

2 tsp. ground cinnamon

1 tsp. cardamom

1 tsp. salt (optional)

½ tsp. ground cloves

½ tsp. black pepper

2 lemons, thinly sliced and seeds removed

1 large red onion, thinly sliced (3 cups)

DIRECTIONS

1. Pat the chicken dry with a paper towel and sprinkle each thigh with a dash of salt and pepper on both sides. Heat 1 tablespoon of the oil in a deep skillet over medium-high heat. Working in batches, add the chicken to the skillet with the skin-side down and fry for 5 minutes or until it turns golden brown, being careful not to overcrowd the skillet. Remove from heat.
2. Using the same skillet, add any remaining oil, almonds, and pine nuts. Toss and lightly toast the nuts over medium-high heat for about 5 minutes. Remove them from the skillet and place the nuts in a small bowl. Set it aside.
3. In a separate small bowl, whisk together the coriander, cumin, nutmeg, paprika, cinnamon, cardamom, salt, cloves, and black pepper.
4. Place the thighs in a large baking dish and sprinkle the thighs with half of the seasoning mix, flip them over, and sprinkle the other side with the remaining seasoning mix. Next, disperse the toasted nuts over the thighs.
5. Raw pack about 7 to 8 coated thighs per quart jar or 3 to 4 coated thighs per pint jar, leaving a generous 1-inch headspace. Add the lemon and onion slices after each thigh, layering as you go. Be sure all the toasted nuts are evenly distributed among the jars as well.
6. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
7. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.

Chicken Shawarma in a Jar

Likely one of the most-known Middle Eastern recipes among food enthusiasts, this meal in a jar is packed full of flavor using an array of spices. While most shawarma is either baked or grilled, we will be cooking it in its natural juices and spices during processing. When you're ready to open a jar to eat, spread the chicken onto a cookie sheet and roast it in the oven at 425°F (218°C) for 10 to 15 minutes to heat through and crisp. Serve it with a side of tabouleh and hummus with pita bread loaded with fresh veggies.

PREP TIME: 10 minutes **COOK TIME:** 12 minutes

PROCESS TIME: 90 or 75 minutes **YIELD:** 6 quarts or 12 pints

DIRECTIONS

1. Heat 2 tablespoons of the oil in a skillet over medium-high heat. Working in batches, brown the chicken for 2 minutes on each side, being careful not to overcrowd the skillet. Place chicken in a large bowl to cool.
2. In a small bowl, whisk together the seasonings. Cover the chicken with the remaining 2 tablespoons of the oil and mix well to coat. Sprinkle the seasonings atop the chicken and mix well to thoroughly coat the meat. Let it sit for 5 minutes, then mix well again.
3. Using a funnel, ladle the chicken into each jar, leaving a generous 1-inch headspace.
4. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
5. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.

INGREDIENTS

4 T. olive oil, divided

5 lbs. boneless, skinless chicken breasts, cut into 2-inch pieces (15 cups)

4 ½ lbs. boneless, skinless chicken thighs, cut into 2-inch pieces (9 cups)

2 T. ground cumin

2 T. ground turmeric

2 T. ground coriander

2 T. garlic powder

2 tsp. paprika

1 tsp. ground cloves

1 to 3 tsp. cayenne pepper

1 tsp. salt (optional)



Bean and Barley Soup

This hearty soup is loaded with protein and vegetables with a hint of barley, providing nourishment and texture. Rich in flavor, feel free to use dried herbs of your liking to achieve the result you desire. You may also substitute water for vegetable broth or simply use tomato juice as the soup's base.

PREP TIME: 80 minutes **COOK TIME:** 45 minutes

PROCESS TIME: 90 or 75 minutes **YIELD:** 7 quarts or 14 pints

DIRECTIONS

1. Thoroughly rinse the dried beans in a colander, being sure to remove any rocks, debris, or disfigured beans. Place the dried beans in a stockpot and cover them with water. Bring to a boil over high heat, and allow the beans to boil for 10 minutes. Remove from heat, cover the stockpot, and steep the beans for 1 hour.
2. In a stockpot, heat the oil on medium-high heat. Add the onion and cook until translucent, about 10 minutes, stir often to avoid burning. Add the carrots, celery, and garlic to the stockpot, mix well, and cook for an additional 5 minutes.
3. Empty the steeped beans (or canned beans) into a colander in the sink and quickly rinse them. Add the broth to the stockpot with the vegetables and mix well, then add the beans, tomatoes, bay leaves, salt (if using), and pepper. Bring it to a boil, then reduce the heat and simmer the soup for 20 minutes, stirring often.
4. Add 1 tablespoon of barley to each quart jar and a ½ tablespoon to each pint jar. Using a funnel, ladle the soup into each jar, leaving a 1-inch headspace.
5. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
6. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.

INGREDIENT TIP: While hulled barley has a higher nutritional value and can withstand longer exposure to high temperature, you may substitute pearled barley for this recipe with great results.

INGREDIENTS

- 1 lb. dried cannellini beans (2 cups) or 4 (15 oz.) cans cannellini beans
- 2 T. olive oil
- 2 sweet onions, diced (4 cups)
- 6 carrots, peeled and diced (3 cups)
- 6 celery ribs, diced (1½ cups)
- 1 head garlic, peeled and minced (¼ cup)
- 14 cups vegetable broth
- 6 Roma tomatoes, diced (2 cups)
- 2 bay leaves
- 2 tsp. salt (optional)
- 1 tsp. black pepper
- ½ cup hulled barley



Ratatouille

This French classic dish is a chunky stew derived from a combination six popular vegetables and fresh herbs. Typically baked in the oven, this version is preserved in a jar so you may partake whenever your heart desires. Serve it alongside a slice of freshly baked bread.

PREP TIME: 30 minutes **COOK TIME:** 15 minutes

PROCESS TIME: 75 or 55 minutes **YIELD:** 5 quarts or 10 pints

DIRECTIONS

1. Place the oil in a stockpot and heat it over medium-high heat. Add the onion and cook for 5 minutes, undisturbed, so it browns slightly. Stir in the eggplant, tomato, zucchini, bell pepper, basil, garlic, thyme, and red pepper flakes. Reduce the heat to medium and allow the mixture to cook for 10 minutes or until the tomatoes and peppers have released their juices, stirring occasionally.
2. Using a funnel, ladle the mixture into jars, leaving a generous 1¼-inch headspace. Remove any trapped air pockets and add additional mixture if necessary to maintain the 1¼-inch headspace.
3. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
4. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 75 minutes and pint jars for 55 minutes.

INGREDIENTS

- 3 T. olive oil
- 1 yellow onion, diced (1½ cups)
- 2 large eggplants, cut into 1-inch cubes (9 cups)
- 20 Roma tomatoes, diced (5 cups)
- 4 zucchini, cut into 1-inch cubes (5 cups)
- 3 orange bell peppers, diced (3 cups)
- 14 fresh basil leaves, coarsely chopped (½ cup)
- 1 head garlic, peeled and chopped (¼ cup)
- 6 fresh thyme sprigs, leaves stripped from stem
- 1 to 3 tsp. red pepper flakes (optional)