

# Extension

**Seasonal Eating**  
**Whitney Danhof, Extension Agent**

## **Summer's Bounty in a Jar** **August 2014**



When I was a child, I remember going down into the basement of my friend's house. There on the shelves were hundreds of jars filled with all colors of fruits and vegetables, jams, jellies, pickles and more. It was beautiful and I was fascinated. That began my interest in canning. And now I love having a few jars of summer tomatoes and green beans and some jams and jellies on the shelf for winter.

We recently had our canning college, teaching participants the current recommendations for canning foods. One of the items we can in class is summer tomatoes. Tomatoes are a high acid food so are suitable for canning in a water bath which makes it easy for anyone with a large pot and a few canning supplies to put up tomatoes. We

made crushed tomatoes in class without any added liquid, just the juice from the tomatoes and processed them in a boiling water bath canner. The best part of canning is the “plink” that each jar makes as it cools and seals. Below is the recipe for canning crushed tomatoes from the UT Extension canning booklet. Always be sure you use a tested recipe from a reliable source like USDA or Extension when canning for safety reasons. Stop by the Extension office if you would like a copy of the whole booklet with basic recipes and procedures for canning fruits, vegetables, jellied products and pickles.

Once you have the canned tomatoes, they can be used for all kinds of dishes from pasta sauces and lasagna to soups and chili and goulash. Sticking to the theme of childhood, I made a childhood favorite with a couple of the jars from class – Sloppy Joes. We had these for dinner growing up and I still love these messy sandwiches today. I often get them at church dinners and large gatherings but they're simple to make for a weeknight dinner and most kids like them so they're good for families. So this summer while the tomatoes are at their peak, stop by the farmers' market or pick the tomatoes from your garden and preserve a treat that will bring the summer to winter – canned tomatoes.

Check out the UT Extension Seasonal Eating Blog (<https://extension.tennessee.edu/Bedford/seasonaleatingblog/default.aspx>) for recipes using local farmer's market produce. The Seasonal Eating Cooking Demonstration on “Savoring Summer” will be held on August 20 at 12:00 noon at the Extension Office. Call the Office at 684-5971 to sign up and bring \$7.00 to class to cover the samples.

## **Canned Crushed Tomatoes with No Added Liquid**

Wash and dip tomatoes in boiling water for 30-60 seconds or until skins split. Then dip in cold water, slip off skins and remove cores. Trim off any bruised or discolored portions and quarter. Heat one-sixth of the quarters quickly in a large pot, crushing them with a spoon or potato masher. This will draw off some of the juice. Continue heating the tomatoes, stirring to prevent burning. Once the tomatoes are boiling, gradually add remaining quartered tomatoes, stirring constantly. These remaining tomatoes do not need to be crushed. Continue until all tomatoes are added. Then boil gently for 5 minutes. Meanwhile wash jars and keep warm and prepare 2 piece lid tops according to the package directions (usually simmering in water). When ready, place jars on an old towel and add 1 tablespoon of bottled lemon juice per pint or 2 tablespoons per quart. You can add ½ teaspoon of salt to each pint or 1 teaspoon to each quart, if desired. Fill with tomatoes leaving ½" headspace. Wipe rims, adjust lids and process in a boiling water bath for 35 minutes for pints and 45 minutes for quarts.

## **Sloppy Joes**

- 1 pound ground beef
- 1 onion, chopped
- 1 small green pepper, chopped
- 2 pint jars crushed tomatoes
- 2 tablespoons rolled oats
- 1 tablespoon brown sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 14 hamburger buns

In a skillet, cook ground beef, onion and pepper until beef is browned and vegetables are tender. Spoon off excess fat. Stir in tomatoes, oats, brown sugar, Worcestershire sauce, chili powder, salt and pepper. Simmer uncovered about 30 minutes or until desired consistency is reached. Spoon about 1/2 cup mixture onto each bun and serve immediately.