



## Beans in Molasses Sauce (Pressure Canned)

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**Yield:** 5 pint jars

**Process Time:** 65 minutes (pints) or 75 minutes (quarts)

**Ball Reference:** A full canner load is about 5 lbs of dry beans for 7 quarts, or about 3¼ lbs for 9 pints (roughly ¾ lb per quart).

### Ingredients

- 5 cups dry beans (just over 2 lbs)

- Distilled or soft water for soaking (enough to fully cover beans)
- Fresh water for boiling/cooking beans
- **Molasses Sauce (for 5 pint jars)**
- 6 cups bean cooking liquid (or water if needed)
- 4½ tablespoons dark molasses
- 1½ tablespoons vinegar
- 2 teaspoons kosher salt
- ¾ teaspoon dry mustard

## **Instructions**

Rinse beans and soak them in enough water to keep them fully covered as they expand. I use distilled water because my well water is hard, but soft tap water works fine if that's what you have.

Soak overnight for 12–24 hours in the fridge, or use the quick-soak method by bringing beans to a boil for 2 minutes, then removing from heat and letting them sit covered for 1 hour.

Drain and rinse the beans, then cover with fresh water and bring them to a boil until just tender.

While the beans are cooking, keep jars hot in the canner or in hot water so they're ready for filling.

Once tender, drain the beans but reserve the cooking liquid for the sauce.

Combine the reserved liquid with molasses, vinegar, salt, and dry mustard. Bring to a boil, stirring until everything is fully dissolved and well blended.

Fill hot jars about 3/4 full with beans, then ladle hot sauce over the top, leaving 1 inch headspace.

Wipe jar rims with a vinegar-dampened paper towel, apply lids, and tighten bands finger-tight.

Process in a pressure canner for 65 minutes for pints or 75 minutes for quarts, adjusting for altitude and following your canner manufacturer's instructions.

Allow the canner to depressurize naturally before opening. Let jars rest undisturbed before storing.

[Full Step-by-Step Guide on the Blog](#)