



Beans in Tomato Sauce

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Ingredients

- 4 cups (1000 ml) dried navy beans, about 2 lb / 1 kg
- 4 cups (1000 ml) tomato juice
- 1 cup (250 ml) chopped onion, about 1 medium
- 3 tbsp (45 ml) sugar

- 2 tsp (10 ml) salt
- 1/4 tsp (1 ml) cloves
- 1/4 tsp (1 ml) allspice
- 1/4 lb (125 g) salt pork, cut into equal pieces
- Distilled water for soaking and cooking
- Vinegar for wiping jar rims

Yield

Makes about 6 x 500 ml or 3 x 1 L jars

Instructions

1. Measure 4 cups of dried navy beans.
2. Soak the beans overnight (about 18 hours) in distilled water.
3. Drain the beans and cover with fresh boiling distilled water. Boil for 3 minutes
4. Remove from heat and let them stand for 10 minutes, then drain.
5. While beans are boiling, prepare the sauce by combining tomato juice, chopped onion, sugar, salt, cloves, and allspice. Bring just to a boil and keep hot.
6. Fill hot jars three-quarters full with beans, then pour in hot sauce, leaving 1 inch headspace. Top with a piece of pork if desired.
7. Wipe jar rims with vinegar, and place lids and bands finger-tight.
8. Place jars in the pressure canner and add water according to your canner's instructions to prevent tipping. Build a good head of steam, exhaust for 10 minutes, then pressure cook according to the recipe: 65 minutes for 500 ml (pints) or 75 minutes for 1 liter (quarts).
9. Let the pressure release naturally. When fully released, open the lid carefully and let jars sit in the canner for 5 minutes before removing.
10. Place jars on a towel or rack and leave undisturbed for 24 hours. Check seals; refrigerate any unsealed jars and use immediately.
11. Store sealed jars in a cool, dark place for up to 12 months.

Notes

- Always use distilled water, especially if you have well water, to avoid hard beans.
- The depressurization is part of the cooking process, so always let it release naturally.
- Follow Ball, Bernadin, or USDA-approved canning times for safety.

[Full recipe notes available online](#)