



Beef Stew – Meal In A Jar For Beginners

[Watch Video](#)

This simple pressure canned beef stew makes a hearty meal ready whenever you need it. Beef, moose, venison, or even chicken can be used. Once the jars are sealed and on the shelf, all you have to do is heat it up for an easy meal.

Ingredients

- 2–3 lbs cubed beef, moose, venison, or chicken
- Canola oil for browning
- 4 cups cubed potatoes

- 3 cups sliced carrots
- 1½ cups sliced celery
- 2 onions, chopped
- ¾ tsp pickling salt
- ½ tsp dried thyme
- ¼ tsp black pepper
- Hot beef stock or water (enough to cover stew)

Instructions

1. Brown the cubed meat in batches in a frying pan with a little canola oil. You're just adding color and flavor, not cooking it all the way through.
2. Place the browned meat into a large pot and add the potatoes, carrots, celery, and onions.
3. Add the pickling salt, thyme, and pepper. Stir everything together.
4. Bring beef stock or water to a boil and pour it into the pot until the stew mixture is covered.
5. Bring the stew back up to a boil.
6. While it heats, place your canning jars in hot water to warm them.
7. Fill the hot jars with the meat and vegetable mixture, leaving about 1 inch of headspace.
8. Ladle hot broth over the solids until the jars still have 1 inch headspace.
9. Wipe the jar rims with a paper towel dampened with vinegar.
10. Place lids on the jars and tighten the bands finger tight.
11. Place the jars into the pressure canner and add the amount of water required by your canner. A splash of vinegar in the water can help prevent cloudy jars.
12. Leave the vent open and allow the canner to exhaust steam for 10 minutes.
13. Close the vent and bring the canner up to pressure.
14. Process jars using the correct time:
 - Pints – 75 minutes
 - Quarts – 90 minutes
15. When processing time is complete, allow the canner to depressurize naturally.
16. Open the lid carefully and let the jars sit in the canner for about 10 minutes before removing.
17. Remove jars and allow them to cool undisturbed for 12–24 hours.
18. Check the seals the next day and store sealed jars in a cool, dark place.

Notes

You can reduce or change the vegetables as long as they are safe for pressure canning. This recipe works well with beef, moose, venison, or chicken. When ready to eat, heat the contents of the jar. If you prefer thicker stew, add a thickener after opening and heating.

[Find more details and photos on the blog](#)