

Sloppy Joe Filling for Canning - A Comforting Make-Ahead Meal Staple

Sloppy Joe Filling for Canning: Saucy, Savory, and Always Ready



TIME
5 min

TEMP
180°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

4 lbs lean ground beef or venison
3 cups onion, peeled and chopped
1 (16 oz) can tomato sauce
1 $\frac{1}{2}$ cups green pepper, chopped and cored
2 cups tomato ketchup
2 cups water
1 tbsp salt
1 tbsp sugar
1 tbsp prepared mustard
 $\frac{3}{4}$ sp black pepper
Equipment & Supplies:
Pressure canner
Clean pint or quart canning jars with lids and rings
Large pot or Dutch oven
Ladle and funnel
Clean cloth for wiping rims

DIRECTIONS

1. **Prepare Your Canner:** Fill pressure canner with 2 inches of water and begin heating to 180°F. Ensure jars are clean, sanitized, and hot.
2. **Cook the Filling:** In a large pot, brown the ground meat over medium heat. Add onions and cook until soft. Drain excess fat.
3. **Add Ingredients:** Stir in tomato sauce, ketchup, green pepper, water, salt, sugar, mustard, and black pepper. Bring to a boil, then simmer for 5 minutes.
4. **Fill the Jars:** Ladle hot Sloppy Joe mixture into hot jars, leaving 1-inch headspace. Wipe rims clean. Add lids and tighten bands to fingertip tightness.
5. **Process:** Place jars into the canner. Vent steam for 10 minutes. Add weight and bring to pressure:
6. Dial gauge: 11 lbs
7. Weighted gauge: 10 lbs (up to 1000 ft elevation) Process for:
8. Pints: 75 minutes
9. Quarts: 90 minutes
10. **Cool & Store:** Let pressure return to zero naturally. Wait 5 minutes, open lid, and remove jars carefully. Cool for 24 hours undisturbed. Check seals. Refrigerate any unsealed jars and use within 3 days.

TIPS FOR SUCCESS

Use Lean Meat: Less fat means better texture and cleaner canning.
Adjust for Altitude: Always check your canner's manual and USDA guidelines.
Double the Batch: Great for gifting or long-term stocking.

Versatile Base: Use leftovers for tacos, baked pasta, or chili starters.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sloppy-joe-filling-for-canning-a-comforting-make-ahead-meal-staple/>