

Prep time 45–60 minutes

Cook time 30 minutes (simmer) + 40–75 minutes (processing, varies by altitude)

Total time 2–3 hours (including canner heat-up and cool-down)

Difficulty Intermediate

Intensity Moderate (knife work, hot jars, pressure canner monitoring)

Method Pressure canning (USDA-approved)

Shelf life 12–18 months, pantry

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Ingredients

For a 7-quart batch (adjust proportionally):

- 4 lbs yellow onions (about 8–10 medium), peeled and diced $\frac{1}{4}$ -inch

- 2 lbs carrots (about 10–12 medium), peeled and diced $\frac{1}{4}$ -inch
- 2 lbs celery (about 1 large bunch), washed, trimmed, diced $\frac{1}{4}$ -inch
- 2 tsp non-iodized salt (optional, per jar—see notes)
- 1 tsp bottled lemon juice per jar (optional, for color retention)
- Boiling water or unsalted vegetable stock (for filling jars)

Equipment needed:

- Pressure canner with rack (not a pressure *cooker*)
 - 7 quart-sized Mason jars, lids, and bands (or 14 pint jars)
 - Jar lifter, funnel, bubble remover, clean towels
 - Large stockpot for simmering
 - Cutting board and sharp chef's knife
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Step-by-Step Instructions

Step 1: Prep the Vegetables (45-60 minutes)

1. Onions: Peel, halve, and dice into uniform $\frac{1}{4}$ -inch pieces. Uniformity matters—it ensures even heating and safe processing.
2. Carrots: Peel and dice to match the onion size.
3. Celery: Wash thoroughly, trim ends, and dice. Include some pale inner leaves for extra flavor if you like.
4. Keep ratios consistent: Aim for roughly 2 cups onion : 1 cup carrot : 1 cup celery per quart jar.

Step 2: Simmer the Mirepoix (30 minutes)

1. Combine all diced vegetables in a large stockpot.
2. Add just enough water or stock to cover—about 4-6 cups for a 7-quart batch.
3. Bring to a boil over medium-high heat, then reduce to a gentle simmer.
4. Simmer 30 minutes, stirring occasionally, until vegetables are heated through and slightly softened but not mushy.

5. Do not add thickeners, oils, butter, or flour—these can interfere with safe canning.

Step 3: Prepare Jars and Canner

1. Wash jars, lids, and bands in hot, soapy water. Rinse well.
2. Keep jars hot in a 180°F water bath or dishwasher until ready to fill.
3. Fill the pressure canner with 2–3 inches of hot water and place the rack inside. Preheat to a simmer (not boiling) while you fill jars.

Step 4: Fill the Jars

1. Using a funnel, ladle the hot mirepoix mixture into hot jars, filling halfway with solids.
2. Add optional $\frac{1}{4}$ tsp salt and $\frac{1}{8}$ tsp lemon juice per pint (or $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp lemon juice per quart).
3. Top with hot cooking liquid, leaving 1 inch of headspace.
4. Remove air bubbles with a bubble remover or plastic spatula.
5. Wipe rims with a clean, damp cloth. Center lids and screw bands to fingertip-tight.

Step 5: Pressure Can (40-75 minutes processing)

Altitude	Processing Time (Quarts)	Processing Time (Pints)
0-2,000 ft	40 minutes	35 minutes
2,001-4,000 ft	45 minutes	40 minutes
4,001-6,000 ft	50 minutes	45 minutes
6,001-8,000 ft	55 minutes	50 minutes

Dial-gauge canners: Process at 11 PSI (0-2,000 ft), increasing 1 PSI per 2,000 ft.

Weighted-gauge canners: Use 10 PSI (0-1,000 ft), 15 PSI above 1,000 ft.

Method:

1. Load filled jars onto the rack, leaving space between them.
2. Lock the canner lid and heat on high until steam flows steadily from the vent.
3. Vent steam for 10 minutes—this is critical for safety.
4. Close the petcock or add the weighted gauge. Bring to the correct pressure.
5. Start timing once the target pressure is reached. Maintain steady pressure—adjust heat as needed.
6. When time is up, turn off heat and let the canner depressurize naturally. Do not force-cool.
7. Wait 10 minutes after pressure reaches zero, then open the lid slowly.

Step 6: Cool, Check Seals, and Store

1. Remove jars with a jar lifter and place on a towel-lined counter, 1 inch apart.
 2. Let cool 12–24 hours undisturbed.
 3. Check seals: press the center of each lid—it should be concave and not flex.
 4. Remove bands, wipe jars, label with date, and store in a cool, dark pantry.
 5. Refrigerate any jars that didn't seal and use within 1 week.
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Quick Alternative: Refrigerator/Freezer Mirepoix

No pressure canner? No problem.

1. Follow Steps 1–2, but skip the salt and lemon juice.
2. Cool the mixture completely.
3. Pack into freezer-safe containers or silicone molds, leaving ½ inch headspace.
4. Refrigerate up to 5 days or freeze up to 6 months.

5. Thaw overnight in the fridge or drop frozen portions directly into soups and stews.

How to Use Canned Mirepoix

- Soups & stews: Add 1 quart at the start of cooking; sauté briefly before adding liquid.
- Bolognese & ragù: Drain slightly, then sauté in olive oil for 5 minutes to concentrate flavor.
- Chicken pot pie: Use as the vegetable base; no need to precook.
- Rice pilaf: Stir $\frac{1}{2}$ cup into toasted rice before adding broth.
- Braises: Layer under meat before adding stock.

Intensity tip: Canned mirepoix is already softened. If a recipe calls for caramelized onions or browned vegetables, drain and sauté over medium-high heat for 5–8 minutes to restore texture and add browning.

Nutrition Information

Serving size: $\frac{1}{2}$ cup drained canned mirepoix (approximately 90 g)

Nutrient	Amount
Calories	35 kcal
Total fat	0.2 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	95 mg (with added salt) / 25 mg (no-salt version)
Total carbohydrates	8 g
Dietary fiber	2 g
Total sugars	3 g
Added sugars	0 g
Protein	1 g
Vitamin A	60% DV
Vitamin C	10% DV
Vitamin K	15% DV
Potassium	180 mg
Calcium	2% DV
Iron	2% DV