

Prep Time	45 minutes (plus 12-hour overnight bean soak)
Cook / Parboil Time	30 minutes
Pressure Canning Time	65 minutes (Pints) / 75 minutes (Quarts)
Total Active Time	~2.5 Hours
Difficulty Level	Medium (Pressure Canning Required)
Intensity Level	High heat for pressure processing (10–11 lbs pressure)
Yield	7 Pint Jars (approx. 14 servings)

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Equipment Needed

- Pressure Canner (weighted or dial gauge)
- 7 Pint Mason Jars with fresh lids and rings
- Large Stockpot (8–10 quart capacity)
- Jar Lifter & Canning Funnel

- Bubble Remover / Headspace Tool

Ingredients

Bean Base

- 2 lbs (approx. 4.5 cups) dry Navy beans (or Small White Beans)
- Water for rehydrating and boiling
- 1/2 lb thick-cut bacon, diced into small pieces (or salt pork)

Signature “Better Than Bush’s” Sauce

- 4 cups hot water (or light chicken/vegetable broth)
- 3/4 cup dark brown sugar, packed
- 1/2 cup dark molasses
- 1/2 cup tomato paste
- 1/3 cup ketchup

- 2 tbsp yellow mustard (or 1 tbsp dry mustard powder)
- 1 tbsp Worcestershire sauce
- 1 tbsp onion powder
- 1.5 tsp garlic powder
- 1.5 tsp sea salt or canning salt
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper

1.Rehydrate and Hydrate the Beans:Overnight soaking reduces blowout during canning.

Place the dry Navy beans in a large pot and cover with at least 3 inches of cold water. Allow them to soak at room temperature for 12 to 18 hours.

Alternative (Quick Soak): Cover beans with boiling water, cook on high for 2 minutes, turn off heat, cover, and let sit for 1 hour. Drain and rinse thoroughly after either method.

2.Parboil the Beans:Essential step for texture and canning safety.

Transfer drained beans back into the stockpot and cover with fresh water by 2 inches. Bring to a boil over High heat, then lower intensity to Medium and simmer uncovered for 30 minutes.

Note: Do not fully cook the beans here; they will finish cooking during the pressure canning cycle. Drain off excess boiling water when done.

3.Prepare the Molasses & Brown Sugar Sauce:Simmering integrates the flavors before jar filling.

In a separate saucepan, combine 4 cups hot water (or broth), dark brown sugar, molasses, tomato paste, ketchup, yellow mustard, Worcestershire sauce, onion powder, garlic powder, salt, smoked paprika, and black pepper.

Bring the mixture to a simmer over Medium-High heat, whisking until smooth and fully dissolved. Lower intensity to keep warm.

4.Sauté Bacon & Pack the Jars:Maintain hot jar and hot liquid rules.

Sauté the diced bacon in a skillet over Medium heat for 3–5 minutes until partially cooked but not crispy.

Ladle hot parboiled beans into hot, sanitized pint jars, filling each jar about halfway. Add a generous tablespoon of cooked bacon to each jar, then top with remaining beans, leaving 1 inch of headspace at the top.

5.Ladle Hot Sauce & Remove Bubbles:Target 1-inch headspace for proper seal.

Ladle the hot sauce over the beans in each jar, maintaining the 1-inch headspace.

Run a bubble remover tool down the inside edges of each jar to release trapped air pockets. Adjust sauce level if necessary. Wipe jar rims clean with a moist paper towel dipped in white vinegar to remove grease. Center the lids and tighten rings to fingertip tight.

6.Process in Pressure Canner:Follow altitude adjustments for your region.

Place loaded jars onto the rack in your pressure canner containing 2–3 inches of hot water. Lock the lid. Turn stove heat to High until steam vents continuously for 10 minutes.

Place the weighted gauge (or monitor dial gauge) and bring to proper pressure intensity:

- Weighted Gauge: 10 lbs (15 lbs for altitudes above 1,000 ft)
- Dial Gauge: 11 lbs (adjust for altitude)

Process pint jars for 65 minutes (quarts require 75 minutes). Maintain steady heat to hold constant pressure.

7. Cool and Check Seals: Natural depressurization prevents siphoning.

When processing time finishes, turn off heat completely. Allow the pressure canner to depressurize naturally (20–30 minutes). Do not force cooling.

Remove lid, lift jars using a jar lifter, and set them on a towel-lined counter for 12–24 hours. Listen for the satisfying *pop* of sealing lids!

Recipe Tips for Success

- Headspace Precision: Always maintain 1 inch of headspace. Beans expand during pressure processing; underfilling or overfilling can lead to siphoning or weak vacuum seals.
- Grease Removal: Because this recipe uses real bacon, wiping the glass rims with distilled white vinegar prior to applying lids is essential to remove residual fats that prevent sealing.
- Flavor Maturation: The flavor profile improves significantly over time. Let your jars rest

on the pantry shelf for at least 2 to 3 weeks before opening for maximum spice and molasses integration.

Nutrition Facts

Serving Size: 1/2 cup (approx. 130g)

Servings Per Jar: 2 (Pint) | Total Yield: 14 Servings

Nutrient	Amount Per Serving	% Daily Value*
Calories	240 kcal	—
Total Fat	4.5g	6%
<i>Saturated Fat</i>	1.5g	8%
<i>Trans Fat</i>	0g	—
Cholesterol	10mg	3%
Sodium	480mg	21%
Total Carbohydrate	42g	15%
<i>Dietary Fiber</i>	7g	25%
<i>Total Sugars</i>	16g	—
<i>Includes Added Sugars</i>	14g	28%
Protein	9g	18%
Calcium	75mg	6%
Iron	2.8mg	15%
Potassium	460mg	10%