



The Canner's
Cookbook

MERISSA ALINK

Table of Contents

Introduction	4
Chapter One: Breakfasts	5
Out of the Jar Breakfasts.....	6
Applesauce Muffins (Gluten Free Option)	7
Pear Muffins.....	8
Chapter Two: Soups	9
One Pot Stew (Crockpot or Stovetop)	10
Slow Cooker Rice Soup.....	11
Vegetable Soup	12
Hamburger Soup.....	13
Easy Slow Cooker Chili	14
Potato Soup.....	15
Chapter Three: Main Meals	16
Sweet Hamburger Tomato Sauce.....	17
Roasted Garlic Mashed Potatoes	18
Crockpot Sweet Beans	19
Mexican Rice Bowls	20
Green Bean Casserole.....	21
Dressed Up Bean Dish (Crockpot or Stovetop)	22
Cheesy Stroganoff.....	23
Bean Dip.....	24
Easy Shepard's Pie	25
Italian Chicken	26
Goulash	27
Zucchini Fritters.....	28
Chapter Four: Desserts	29
Peach Dump Cobbler	30

Apple Crisp	31
Easy Apple Pie	32
Chewy Fruit Bar	33
Applesauce Cookies	34

Introduction

I just love cookbooks. I have dozens and dozens of them sitting on my shelf. When I work on my meal plans for the week I love to go through them to get inspiration. My favorite cookbooks for the summer call for the abundance of fresh vegetables and fruits that are around. But then comes winter and I start looking around for comfort foods, slow cooker recipes, and other “winter food recipes.” While I can find some that work for me, I still end up having to change them up and modify them, not just to fit our tastes, but to fit what is in our pantry.

My pantry isn’t filled with metal cans of beans or condensed mushroom soups. It’s filled with beautiful glass jars that contain the fresh fruits and vegetables of summer that we put up. My pantry knows nothing about 8 ounce or 15 ounce cans, but rather only quart, pint, and jelly jars. And you know, after you spend all this time working on putting away this wonderful bounty, you want recipes that honor that and use those items!

If you feel that same way, that you are looking for recipes that will go along what is in a canner’s pantry, then you bought the right book! In this book we will feature recipes that we make with our canned goods.

Now we know that everyone has different recipes for canning their produce and your salsa may not taste the same as mine. That’s ok! These recipes should be able to go along with your canned goods recipes. And of course, even if your canned goods do make the tastes a little different, you can always add in other spices or seasonings to make it work for your family.

Hopefully this book will give you the inspiration you need to cook from your pantry and what you have since it’s not based on store made goods. The winter days can get long and sometimes it’s hard to see past soup...soup...soup....!

The recipes that follow are a culmination of my favorite recipes to use with our canned jars. For canning references we use the books Putting Food By (<http://bit.ly/puttingfoodby>) and the Ball Blue Book of Canning (<http://bit.ly/ballbluebook>). We also have several recipes listed on Little House Living (<http://www.littlehouseliving.com/recipes-index/canning-and-preserving>). Make sure to follow the advice set by your local extension office to make adjustments for your altitude in your time and temperatures for canning.



Chapter One:

Breakfasts

Out of the Jar Breakfasts

So many canned foods make excellent breakfasts right from the jar. It's easy to pull out a canned fruit and pair it with muffins, toast, or anything! Here are some other things you can do right out of the jar for breakfast:

Fruit Parfaits –

Layer yogurt on the bottom of a bowl, top with canned fruits and granola.

Fruity Pancakes –

Mix canned fruit into pancake batter or puree the fruits and use as a topping on cooked pancakes or waffles.

Crepe Filling –

Puree fruits and use as a crepe filling by its-self or with added cottage cheese or cream cheese.

Fruit Salad –

Mix together several types of canned fruits to make an easy fruit salad.

Smoothies –

Add canned fruit to the blender and mix with ice cubes and yogurt to make various fruit flavored smoothies.

Fruity Oatmeal –

Top cooked or baked oatmeal with any canned fruits!



Applesauce Muffins (Gluten Free Option)

After I went gluten free I really missed having breads for breakfast. I came up with this muffin recipe to help with that craving and to use up all that applesauce I made in the fall! This recipe makes a double batch so you can freeze the extras or cut in half to make one muffin pan instead.

What You Need:

- 2 c. sugar
- 1 c. butter
- 2 eggs
- 1 pint applesauce
- 4 c. flour (substitute with 2 c. white rice flour and 2 c. sticky rice flour for gluten free)
- 2 t. baking soda
- 2 t. baking powder

Mix all the ingredients together. Make sure there are no lumps of baking soda or powder. Drop with a muffin scoop into a greased or lined muffin tin. Bake at 375 degrees for 20 to 25 minutes or until a toothpick comes out clean.



Pear Muffins

Pear Muffins are another yummy muffin that uses a canned food that's rarely used for baking. They bring such a nice subtle flavor and are a great grab n go breakfast!

- 1 quart of canned pears, pureed
- 2/3 cup sugar (unless your pears are canned with sugar)
- 4 tablespoons oil
- 2 eggs
- 2 1/4 cups flour
- 2 teaspoons ground cinnamon
- 3/4 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt

Mix together all ingredients together in a large bowl. Grease or line a muffin pan and drop in the dough with a muffin scoop. Bake at 350 degrees for 15 minutes or until a toothpick comes out clean. So good when topped with softened cream cheese!



Chapter Two:

Soups

One Pot Stew (Crockpot or Stovetop)

This recipe is great for end of the summer or clean out your garden time of year. You can use and swap out the vegetables for what you have in your garden and adjust the amounts according to your needs. It is also good in the fall or winter, substituting winter squash diced up in it. Be creative!

- 2 cups frozen corn or 1 pint corn
- 1 quart potatoes and carrots or 5 fresh potatoes and 5 carrots, diced
- 2 stalks of celery, diced
- 1 small summer squash, diced
- 1 medium onion, diced
- 1 lb. of browned stew meat, cut in bite size pieces
- 1 quart tomatoes
- 2 T. worchestershire sauce

Place everything in the crockpot and cook on low for 6 - 8 hours. This will make its own juice for a hearty soup.

You can also place all the ingredients in a large stockpot and cook until all vegetables are tender.



Slow Cooker Rice Soup

Here's another great slow cooker recipe that is easy to throw together in the morning for the evening meal.

What You Need:

- ½ c. rice (not pre-cooked)
- 3 c. water
- 6 T butter
- 3 T minced onion
- 1/3 c. flour
- 4 c. chicken broth (Or 2 pints of canned chicken broth)
- 2 – 3 c. diced cooked chicken (Or canned chicken)
- 1 pint canned carrots

Place all ingredients into the slow cooker. Cook on low for 8 hours. Before serving, add 1 cup of cheddar cheese. Serve as soon as cheese is melted.

~~~~~

## Vegetable Soup

This was one of my favorite recipes that my granny made when I was growing up. It took a lot of convincing for her to give us this recipe but now that's she's gone we really treasure it!

### What You Need:

- 1 c. peas (frozen or fresh)
- 1 pint of canned carrots
- 1 stalk celery
- 1 pint canned potatoes
- ½ c. rice (not pre-cooked)
- 1 small onion
- 1 pint canned stewed tomatoes
- 1 pint canned green beans
- Salt, pepper, dill to taste

Place all ingredients in a saucepan and add enough water to cover the vegetables. Cook until heated through or if you are using all fresh produce, cook until tender. This recipe can also be pressure canned!



## *Hamburger Soup*

This soup was a "staple" for us as we were growing up. It can easily be put together to make a meal in less than 30 minutes on the stovetop or it can also be put in the crock pot in the early morning and simmer throughout the day. Very versatile recipe! We enjoy this as a change up from a traditional chili recipe. This will feed a large family, if you use all quart jars. If you have your items canned in pints, you can substitute pints for the quarts. It is nice to have leftovers, though !

### What You Need:

- 1 pound of ground beef
- 1 medium size onion, diced
- 1 quart pork and beans
- 1 quart tomatoes
- 1 pint corn or 2 cups frozen corn
- 1 quart potatoes
- 1 quart carrots
- 1 can of tomato soup
- 1/4 cup brown sugar
- 2 T. chili powder

Brown the ground beef and onion and drain (if necessary). Place the ground beef in a crock pot. All in all the remaining ingredients and cook on low in crock pot for 6 - 8 hours. If you are making on the stovetop, brown ground beef and onion and add remaining ingredients. I use complete canned items, do not drain, so you have enough liquid. Simmer until warm. Serve.

~~~~~

Easy Slow Cooker Chili

This recipe can be thrown together in a matter of minutes and a few hours later you will have a steaming hot warm stew for your table. Perfect on cold winter nights.

What You Need:

- 2 pounds Ground Beef
- 2 pints or 1 quart of Stewed Tomatoes
- 1 Tablespoon Chili Powder
- 1 pint Cooked Dried Beans or Refried Beans
- 1 cup Water
- Salt (to taste)

Brown the ground beef on your stove top. Add it and the tomatoes, chili powder, beans, and water to your slow cooker. Cook on high for 5 to 6 hours. Add salt to taste. You can also add different kinds of beans but refried beans are great for those that normally don't like beans added to soups. They will hardly even know they are in there!



Potato Soup

There is nothing better on a cool day than to sit at the dinner table to a warm bowl of Potato Soup. It's easy, inexpensive, and so filling!

What You Need:

- 1 pound bacon (optional)
- 2 stalks celery, chopped
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 quart canned potatoes
- 4 cups chicken broth, or enough to cover potatoes
- 3 tablespoons butter
- 1/4 cup all-purpose flour
- 1 cup heavy cream (or milk)
- salt and pepper to taste

Fry the bacon if you decide to use it in your soup. Add all ingredients except the cream and flour (or milk) to your slow cooker. Cook on high for 5-6 hours. An hour before serving, stir in the flour and cream. Serve topped with sour cream and a little cheddar cheese!



Chapter Three:
Main Meals

Sweet Hamburger Tomato Sauce

This meal started out as something I threw together and it became very addicting very fast! It can easily be doubled to freeze for later or to serve a larger crowd.

What You Need:

- 1 quart stewed tomatoes
- ¼ c. brown or turbinado sugar
- ½ t. minced garlic
- 1 small onion, chopped
- 1 lb hamburger

Brown the hamburger until no longer pink. Throw all the ingredients together in the crockpot. Cook on high for 6 hours. Stir occasionally while it's cooking. Serve over rice, pasta, or potatoes. You can also make this recipe with meatballs instead of simply hamburger, whatever is easier for you!



Roasted Garlic Mashed Potatoes

Every meal needs a good side dish! This one will add a little kick to your meal without overpowering the main dish.

- 1 medium head of garlic - whole
- 3 Tablespoons butter
- 1/4 cup milk
- 1/2 teaspoon salt
- 1 quart canned potatoes

Preheat oven to 450 degrees. Wrap garlic head in aluminum foil and set aside. Place wrapped garlic on a baking sheet and bake in preheated oven for 45 minutes. Heat up the jar of potatoes on the stove top or in the microwave. Mash and fluff as well as possible. Unwrap garlic and squeeze from skins into potatoes. Add butter, salt and milk to potatoes and mash lightly and quickly with a fork or potato masher. Serve hot.



Crockpot Sweet Beans

This recipe is similar to pork and beans just minus the pork! (of course you could always add it in if you wish) I love this recipe because it literally takes 2 steps and it's done! We like this with a little bit of melted cheddar cheese on top.

What You Need:

- 2 pints of canned dried beans (pinto or red)
- ¼ c. brown, turbinado, or succanat sugar

Put the ingredients together in the crockpot. Cook on high for 4 hours. Serve as a side for hamburgers or add in hot dogs or ham for even more flavor.



Mexican Rice Bowl

This is a great recipe to use up what you have on hand, alongside some canned items. Use any measurements that you would like. I like to make extra to have for leftover lunches or use the mixture in wraps.

What You Need:

- Rice (I prefer long grain brown rice and I usually make my rice for this recipe using a small amount of butter, water, and add in some cilantro, either dried or fresh.)
- 1 quart Homemade Canned Beans
- Leftover roast
- Lettuce
- Cheese
- Salsa
- Sour Cream

I make the rice fresh on the stovetop. In a skillet, I warm up the leftover shredded roast beef and add in taco seasoning and a small amount of water to moisten it. Warm the beans up, also.

In individual size bowls, layer:

1. rice
2. beans
3. meat mixture
4. cheese
5. lettuce
6. salsa
7. sour cream

~~~~~

## *Green Bean Casserole*

Green Bean Casserole is always a favorite around the holiday meal dinner table but when it's full of creamed canned soups and fried onions, it's not very healthy! Next time try this version with canned caramelized onions on top.

Topping -

- 1/2 cup fresh breadcrumbs
- 1 pint Caramelized Onions

Casserole -

- 2 cups Milk
- 1 teaspoon Butter
- 1 small diced Onion
- 3 cups sliced Mushrooms
- 1 clove Garlic, chopped
- 1/4 cup all-purpose Flour
- 1/4 cup Sour Cream
- 1 teaspoon Salt
- 1/2 teaspoon Pepper
- 1 quart Green Beans.

Spread breadcrumbs on a cookie sheet and bake in an oven at 350 degrees for about 5 to 10 minutes or until browned. Set aside. Place milk in a saucepan and heat on a medium heat until warmed.

In another pan, add chopped onion and cook, stirring often, until golden, 3 to 4 minutes. Add mushrooms and garlic and cook, stirring, until tender, 3 to 4 minutes. Sprinkle flour over the vegetables and cook for 1 minute. Slowly pour in the milk, whisking constantly. Bring to a boil and cook together until thicken (about 1 minute). Whisk in sour cream, salt and pepper.

Turn oven up to 425 degrees. Spread green beans evenly over the bottom of a shallow 2-quart baking dish and pour the sauce over the top. Toss together the caramelized onions and breadcrumbs in a small bowl and spread over the beans. Bake 15 to 25 minutes or until the dish bubbles.



## *Dressed Up Bean Dish (Crockpot or Stovetop)*

This hearty bean dish is a favorite! Its packed with protein and flavor. We often substitute side pork for the bacon for a non-nitrate/processed dish. Makes a large batch, so be prepared for leftovers.

What You Need:

- 1 quart plus 1 pint of Homemade Pork and Beans
- 3/4 cup Homemade Ketchup
- 1/4 cup Sucanat
- 1 T. mustard
- 6 slices of bacon, sliced into small size pieces
- 1 lb. ground beef
- 1 medium onion, sliced

Brown the ground beef and bacon pieces with the onion in a small amount of olive oil. Place in crock pot. Add remaining ingredients to the crock pot and cook on low for 4 hours or high for 2 hours.

This can also be made in skillet for quick meal. Just brown meats and onion and add remaining ingredients. Simmer.

~~~~~

Cheesy Stroganoff

This is a one dish meal that comes together quickly. You can cook with steak or save a little and cook with hamburger.

What You Need:

- 1lb steak(in thin slices) or hamburger
- 1 medium onion
- 1 c. water
- ½ pint beef broth or 1 c. beef broth
- 3 c. spiral pasta
- 1 ½ c. shredded cheddar cheese
- 1 pint canned green beans
- ½ c. sour cream

In a large frying pan, brown the hamburger or cook the steak and onions. Stir in the water and broth and bring to a boil. Add in the pasta. Cook on low until the pasta is tender, stirring frequently. Add in cheese and beans. Cook until beans are heated through and the cheese is melted. Stir in the sour cream just before serving.



Bean Dip

This bean dip is a quick, easy meal that you can whip together quickly as an appetizer for unexpected guests or a simple, Sunday night dinner. Is especially nice in the summer, so you don't have to heat up your kitchen, but is tasty and easy enough to enjoy all year round.

What You Need:

- 1 pint chili beans
- 1 cup sour cream
- 1 cup salsa
- 1 cup shredded lettuce
- 1 cup shredded cheese

Place your one pint of canned chili beans in the food processor and whip until smooth. (All the spices have already been added to the bean mixture when you originally canned them up). Spread evenly on a medium size platter. Place remaining ingredients on top of bean spread. Enjoy immediately with tortilla chips!



Easy Shepard's Pie

This recipe takes such a short time to put together and makes a filling and good dish. You can even make it up in the morning, stick the casserole dish in the fridge, and take out when you are ready to bake for supper.

What You Need:

- 1lb Ground Beef
- 6 Potatoes
- ¾ c. Cheddar Cheese
- 1 fresh Tomato, or canned diced tomatoes
- 1 t. minced Onion
- 1 t. minced garlic

Boil and mash the potatoes. Brown the beef, season with onion, garlic, salt or your favorite beef seasoning spices. Pour the beef into the bottom of a 9x13 baking dish. Top the beef with either sliced fresh tomatoes or drained, diced canned tomatoes. Top with the mashed potatoes and sprinkle with cheddar cheese. Bake at 350F for 20 to 30 minutes or until cheese is melted and bubbly.



Italian Chicken

Here's another very easy to whip up meal that uses canned tomatoes. (They are just the most versatile canned item aren't they?) The best part about this recipe is that it's easy to put together with items you keep in your pantry and freezer.

What You Need:

- 1 ½ lbs boneless, skinless Chicken Breasts
- 1 can diced tomatoes
- ½ c. shredded Mozzarella Cheese
- Olives (optional)

Place the chicken in a small baking dish, only large enough for the chicken to cover the bottom. Pour the tomatoes over the chicken (and the olives if you use those). Sprinkle mozzarella cheese over the top. Bake at 350F for 40 minutes or until the chicken is cooked to 165F internally.



Goulash

I've heard of many different ideas of what Goulash really is and I think it all depends on what country your family comes from. My family is almost 100% German and this is the dish that my Grandma called Goulash!

What You Need:

- 1 pound Ground Beef
- 1 small diced Onion
- 1 Tablespoon Minced Garlic (or fresh)
- 16 ounces Elbow Pasta (or something similar)
- 1 quart Stewed Tomatoes

In a frying pan, brown the ground beef with the onion until the beef is no longer pink and the onion is cooked through. Add in the garlic, pasta, and the jar of tomatoes (including the liquid) and stir until the pasta is covered. If you don't have enough liquid to cover the pasta, add in a little water. Simmer on a low to medium heat until the pasta has been cooked. Serve warm just as is or add a little shredded cheddar cheese to the top.



Zucchini Fritters

Oh that plentiful zucchini. It seems like you can never find enough recipes to use it in! This one is light and just a little bit cheesy. Use it as a side dish or a meal!

What You Need:

- 1 pint canned shredded zucchini
- 1/4 cup green onion, diced
- 1 egg
- 2/3 cup all-purpose or white whole wheat flour
- 1/2 cup feta cheese, crumbled
- Salt and pepper to taste
- olive oil, for pan-frying

Put zucchini in a colander over a bowl and sprinkle with 1/2 teaspoon coarse salt. Allow to drain for an hour in the fridge, occasionally pressing down the zucchini with the back of a large spoon to help remove the water. In a large mixing bowl combine zucchini, onion, flour, and feta together. Season with salt and pepper as desired. Refrigerate 20 minutes. Heat a large skillet over medium heat with enough olive oil to generously cover bottom. Drop fritters by 1/4 cup full into skillet and use a spoon or spatula to form into patties. Cook on each side about 5 minutes until golden brown. Add more oil to the pan as needed and continue until all are cooked.



Chapter Four:

Desserts

Peach Dump Cobbler

This recipe is so easy to toss together and throw in the slow cooker for later. The warm peaches topped with a sweet bread is perfect when paired with a dollop of whipped cream. Enjoy warm!

What You Need:

- 1 c. sugar
- 1 c. flour
- 1 stick butter
- 1 quart peaches

Drain the peaches and pour into the slow cooker. In a bowl, mix together the flour and sugar. Pour on top of the peaches. Melt the butter and pour on the top. Cook in the slow cooker on high for 2 hours or until bubbly.



Apple Crisp

There is nothing better on a cool winter day than to end your supper with a warm dish of Apple Crisp topped with whipped cream! Add a gluten free flour or leave the flour out altogether to make this dish gluten free.

What You Need:

- 1 quart canned diced apples (Or 1 quart apple pie filling)
- 6 T butter
- $\frac{3}{4}$ c. brown sugar, turbinado, or succant
- $\frac{3}{4}$ c. quick oats
- $\frac{1}{2}$ c. flour
- $\frac{1}{2}$ t. cinnamon

Mix together all ingredients besides the apples. Pour half of the mixture on the bottom of an 8 inch baking dish. Add the apples on top of the crust and top with the rest of the crumble. Bake at 350 degrees for 15 minutes or until bubbly. Serve with ice cream or whipped cream.



Easy Apple Pie

It's always nice to be able to throw together an amazing dessert in no time but make it look like it took you all afternoon! If you can apple pie filling this recipe is a snap, and if you just can plain apples this recipe is still quite easy!

Pie Crust –

What You Need:

- 2 c. all-purpose flour (could use white wheat or half wheat instead)
- 1 teaspoon salt
- 2/3 c. plus 2 tablespoons butter
- 4 to 6 tablespoons cold water

In a bowl, mix together the flour and salt. Cut in the cold butter with a fork until semi-blended. Add in the cold water until the mixture forms a dough. Cut the dough into 2 balls and grease the bottom a pie plate. Press one of the dough balls into the bottom of the pie plate and up the sides to form part of the crust. Roll out the other half and save to place on top of the pie after you make your filling.

Filling –

- 1 quart apple pie filling

OR

- 1 quart canned apples
- 1/2 cup sugar (unless you have some added to your canned apples)
- ¼ c. all-purpose flour
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1/8 teaspoon salt
- 2 Tablespoons butter

Mix the filling ingredients together and pour on top of the bottom pie crust. Top with the second crust dough. Cut slits in the top crust so the steam can escape. Bake at 425 degrees for 45 – 50 minutes or until bubbly and brown. You may want to place tin foil over the edges of the pie crust for the first 30 minutes of baking so it doesn't get overdone.

~~~~~



## *Chewy Fruit Bars*

Here's a relatively quick and easy recipe for a snack bar. You can customize these with different flavors of applesauce to change them up a bit. I bet they would be amazing with Pearsauce!

What You Need:

- 2/3 c. butter, softened
- 3/4 c. brown sugar
- 2 tsp. vanilla extract
- 1-1/2 c. flour
- 1-1/2 tsp. ground cinnamon
- 1/2 tsp. baking soda
- 1 c. quick-cooking oats, uncooked
- 1 pint canned applesauce
- 1 c. raisins (optional)
- 1 c. walnuts, chopped (optional)

In large mixer bowl, beat butter, sugar, and vanilla until fluffy. Blend in flour, cinnamon and baking soda, mixing well. Stir in oats. Press 2/3 of mixture into 13" x 9" baking pan lightly sprayed with cooking spray. In medium bowl, combine apple sauce, raisins and walnuts. Spoon evenly over dough in pan. Crumble remaining dough over top. Bake at 350 degrees for 40-45 minutes or until golden brown. Cool before serving. You can even cut into bars and freeze for a made-ahead snack!



# *Applesauce Cookies*

Need a snack? These applesauce cookies might just hit the spot! Make extras and freeze them for later too.

What You Need:

- 2 cups sugar
- 1 cup shortening (or butter)
- 2 eggs
- 1 pint applesauce
- 4 cups flour
- 2 tsp. baking soda
- 2 tsp. baking powder
- 1 tsp. cinnamon

Preheat oven to 375 degrees. In a large bowl, mix together flour, baking soda, baking powder, and cinnamon. Set aside. Cream sugar and shortening (or butter) together. Add eggs and applesauce and mix well. Add in dry ingredients and mix until well incorporated. Drop small spoonfuls on a greased cookie sheet. Bake at for 8-10 minutes.



## *About the Author*



Merissa Alink lives in rural South Dakota and has always been a country girl. She believes in simple living, real food, and making the most with what you have. She and her husband have worked from the ground up to create the home and small ranch that they have today. Their goal is to be completely debt free and off the grid before they turn 30. Merissa blogs about simple, natural, and frugal living at [www.littlehouseliving.com](http://www.littlehouseliving.com).

All rights reserved. No part of this book may be used, reproduced or transmitted in any forms or by any means without express written permission of the author.

Printable page are for personal use only.

Copyright 2013 Little House Living Inc.