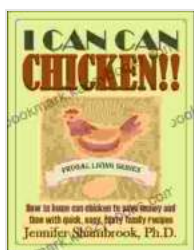


# Can Can Chicken: How to Home Can Chicken to Save Money and Time with Quick and Easy Methods

Welcome to the world of home canning! In this article, we will delve into the art of preserving chicken through canning, exploring the benefits, techniques, and step-by-step instructions to guide you through the process. Whether you're a seasoned canner or a beginner eager to learn, this comprehensive guide will empower you to save money, preserve food, and enjoy the convenience of home-canned chicken.



## I CAN CAN CHICKEN!! How to home can chicken to save money and time with quick, easy, tasty family recipes (Frugal Living Series Book 2) by Jennifer Shambrook

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1842 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 127 pages
Lending	: Enabled



## The Wonders of Home Canning

Home canning is a time-honored technique that allows you to preserve food safely and extend its shelf life. By sealing food in airtight containers

and heating it to specific temperatures, you can prevent spoilage caused by bacteria and other microorganisms. Home canning offers numerous advantages:

- **Cost savings:** Canning is a cost-effective way to preserve chicken. You can buy chicken in bulk when it's on sale and can it yourself, saving money compared to purchasing pre-canned chicken.
- **Convenience:** Home-canned chicken is incredibly convenient. You can have ready-to-eat chicken on hand whenever you need it, without the hassle of thawing or cooking.
- **Nutritional value:** Home canning preserves the nutritional value of chicken. Canned chicken retains essential vitamins, minerals, and protein, making it a healthy and nutritious option.
- **Reduced waste:** Canning helps reduce food waste by preserving excess or leftover chicken. You can can chicken that would otherwise go uneaten, ensuring that you're making the most of your food resources.

## Essential Equipment for Home Canning

Before embarking on your canning journey, it's crucial to gather the necessary equipment. Here's what you'll need:

- **Canning jars:** Use clear glass canning jars with wide mouths and self-sealing lids.
- **Canning lids and rings:** These are essential for sealing the jars and creating an airtight environment.

- **Pressure canner:** This specialized equipment is required for canning chicken safely. It maintains the necessary high temperatures to kill bacteria and ensure proper preservation.
- **Jar lifter:** This handy tool helps you safely remove hot jars from the canner.
- **Funnel:** A funnel makes filling the jars with chicken and liquid easier.
- **Tongs:** Use tongs to adjust the chicken pieces in the jars.

## Step-by-Step Instructions for Home Canning Chicken

Follow these detailed instructions to successfully home can chicken:

### 1. Prepare the Chicken

Rinse the chicken thoroughly and remove any excess fat. Cut the chicken into 1-inch pieces and discard any bones.

### 2. Fill the Jars

Pack the chicken pieces tightly into clean canning jars, leaving about 1 inch of headspace at the top. Add 1 teaspoon of salt to each pint jar or 2 teaspoons of salt to each quart jar.

### 3. Add Liquid

Fill the jars with chicken broth or water, leaving about ½ inch of headspace at the top. If using water, consider adding a bouillon cube or herbs for flavor.

### 4. Seal the Jars

Wipe the rims of the jars with a clean cloth. Center the lids on the jars and screw on the rings finger-tight. Do not overtighten.

## 5. Pressure Can the Jars

Place the jars on the rack in the pressure canner. Add enough water to cover the jars by 2 inches. Lock the lid and bring the canner to pressure according to the manufacturer's instructions. Process pint jars for 90 minutes at 10 pounds of pressure. Process quart jars for 110 minutes at 10 pounds of pressure.

## 6. Cool and Store the Jars

Once the processing time is complete, turn off the heat and let the pressure canner cool naturally. Remove the jars from the canner and let them cool to room temperature. Store the canned chicken in a cool, dark place for up to 1 year.

## Time-Saving Tips for Home Canning Chicken

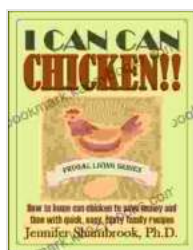
Here are some tips to help you save time while home canning chicken:

- **Buy pre-cut chicken:** To save time on preparation, Free Download pre-cut chicken pieces from your local grocery store.
- **Use a food processor:** If you're cutting the chicken yourself, use a food processor to quickly and easily cut it into uniform pieces.
- **Prepare a large batch:** Canning chicken in bulk can save time in the long run. Prepare a large batch and can it all at once for future use.
- **Use a pressure cooker:** A pressure cooker can significantly reduce the processing time for canning chicken.

- **Store the jars in a convenient location:** Keep your canned chicken in a designated area for easy access when needed.

Home canning chicken is a rewarding and practical skill that allows you to save money, preserve food, and enjoy the convenience of having ready-to-eat chicken on hand. With the right equipment and step-by-step instructions provided in this comprehensive guide, you can confidently master the art of home canning. Embrace the rewarding experience of preserving your own chicken and enjoy the benefits of this time-honored technique.

Remember to always follow safe canning practices and refer to reputable sources for detailed instructions. Happy canning!



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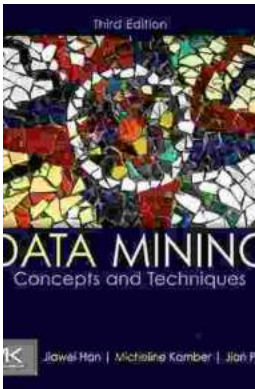
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