

Beef Stroganoff in a Jar

INGREDIENTS:

For 2 (1-QT.) JARS

2 lbs. boneless beef chuck or wild game meat, trimmed and cut into 2-inch chunks

1 cup sliced mushrooms

1 cup chopped onion

4 Tbsp. tomato paste

SEASONINGS: for each 1-Quart Jar:

2 tsp. salt

1 tsp. ground black pepper

4 Tbsp. Worcestershire sauce

2 tsp. dried thyme

2 tsp. dried parsley

2 garlic cloves, sliced

BROTH: warm bone broth to a simmer, ladle over mixture filling jars just to the bottom of the rim, leaving 1 inch headspace

PROCESSING TIME: Quarts: 90 minutes at 10 pounds

SERVING SUGGESTION: Beef Stroganoff

To Serve: Transfer contents of quart jar to saucepan and whisk in 2 Tbsp. flour until well combined. Simmer over medium heat for 10 minutes, stirring often. Remove from heat and stir in a large spoonful of sour cream. Serve over noodles, rice or potatoes

This can also be turned into a pot pie by adding carrots, peas, diced potatoes, corn or any other veggies you prefer to the thickened skillet of beef stroganoff. Use a store-bought pie crust for a quick weekday meal.

***Recipe from 'The All New Ball Book of Canning and Preserving'.