VEGAN Taco Black Beans

Ingredients:

Pint jars and lids, washed
Per jar, raw packed:
Black beans - 1/3 cup + 1TBSP per jar, dry, no soaking or pre-cooking.
2 tsp taco mix (or 1/2 tsp each of salt, cumin, paprika, chili, all ground)
1 TBSP chopped onions
1 tsp chopped cilantro
Cover with water to one inch headspace.
Stir.

Pressure Canning:

Process at 11 pounds for 75 minutes.

Elli Winter Feb 2021