

DIANE DEVEREAUX, THE CANNING DIVA®



Diane Devereaux, The Canning Diva®, is an internationally syndicated food preservation expert, author, television presenter, instructor, and mother of two. Since 2012, Devereaux has been sharing her lifetime passion of canning and food preservation, translating it to the busy lives of families across the globe. She is a life-long resident of Michigan and fellow canner who has been canning and preserving food for over 30 years.

Diane is a firm believer in consumers having the right to know the contents of what they ingest and is a proud supporter of honest and forthright labeling of all foods. It is because of this belief she chooses to preserve food throughout the year, ensuring a healthy lifestyle for herself and her family. She has made it her goal to teach the time-honored traditions of canning and food preservation to every corner of the world, which is the driving force of all she creates, writes, and speaks.

In February 2023, Diane signed with Christian publisher, Harvest House Publishers and its Ten Peaks Press imprint. The project, *The Canning Diva® Presents Meals in a Jar: The Ultimate Guide to Pressure Canning Ready-Made Meals*, is slated for August 6, 2024. (<https://www.publishersweekly.com/pw/by-topic/industry-news/religion/article/91806-religion-book-deals-march-22-2023.html>)

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AUTHOR TITLES

- IPPY Award Winning *Canning Full Circle: From Garden to Jar to Table* (5,000 copies sold)
- *The Complete Guide to Pressure Canning: Everything You Need to Know to Can Meats, Vegetables, Meals in a Jar and More* (220,000+ copies sold)
- *Beginner's Guide to Canning: 90 Easy Recipes to Can, Savor and Gift* (42,000+ copies sold)
- *Revised & Expanded 2nd Edition of Canning Full Circle* (7,500+ copies sold)



MEALS IN A JAR: THE ULTIMATE GUIDE TO PRESSURE CANNING READY-MADE MEALS, AUGUST 6, 2024

Canners will discover step-by-step instructions for making flavorful meals from seven of the world's most popular cuisines. They will enjoy international favorites, including Hungarian Mushroom Soup, Korean Bulgogi, and Green Chile Verde with Pork.

Canners will also find chapters dedicated to vegetarian dishes, pressure canning basics, and convenient ingredient substitutions for food allergies and other dietary needs. Suitable for all skill levels, *Meals in a Jar* will help everyone pressure can with confidence, expand their family's palette, and fill their pantries.

From the Mediterranean Sea to the bayous in southern Louisiana, *Meals in a Jar* dives deeper into the science and math of pressure canning low acid foods. The ultimate cookbook with over 100 delicious canning recipes you and your family will love!

Here's what you will find within the pages of *Meals in a Jar*:

- Authentic international cuisines from around the world will broaden the scope of your pressure canning endeavors and heighten the canner's creativity.
- Over 100 pressure canning recipes including seven different cuisines like Mediterranean, Middle Eastern, Asian, Mexican, and more.
- Learn the art and craft of pressure canning low-acid foods, methods of skillfully packing jars, and the essential tools necessary for productive and safe home canning.

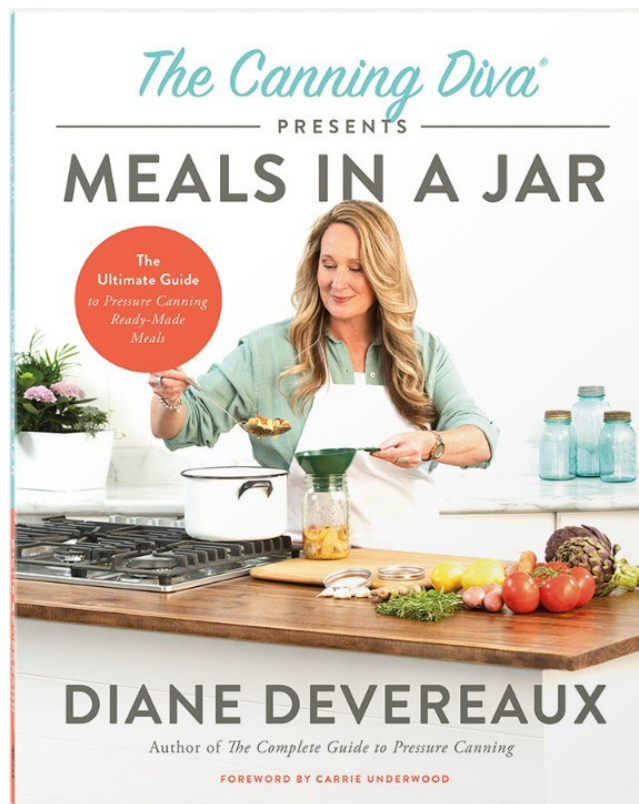
With *Meals in a Jar*, readers of all skill levels will turn the daunting task of making a meal into sheer joy – simply pop the top, heat, and eat!

PRODUCT DETAILS:

ISBN: 978-0-7369-8911-4

Category: Cookbook

Imprint: Ten Peaks Press





Ham and Kale Soup

Enjoy the smoky flavor of ham in this power-packed soup recipe. Using fresh kale and great northern beans, make a satisfying meal in a jar in minutes. When you're ready to eat it, simply heat a jar on the stove-top and top with Parmesan cheese before serving.

PREP TIME: 30 minutes **COOK TIME:** 0 minutes
PROCESS TIME: 90 or 75 minutes **YIELD:** 7 quarts or 14 pints

DIRECTIONS

1. Thoroughly rinse the dried beans in a colander. Bring water to a boil in a large pot. Add the beans in a single layer and cover them with water. Using your hands, agitate the beans in the water to remove any dirt. Empty the beans into the colander and rinse them again.

2. For each quart jar, add the following ingredients in layers, pressing down each ingredient before adding the next. If canning in pints, halve the amount of each ingredient.

- a. ½ cup beans
- b. 1 cup ham
- c. 1 cup kale
- d. ¼ cup carrots
- e. ¼ cup onion
- f. ¼ cup celery
- g. 1 tsp garlic

3. Pour the broth into each jar, leaving 1 inch of headspace. Press and gently top the jar bottom on cutting board to remove any trapped air pockets. Add additional broth if necessary to maintain the 1-inch headspace.

4. Wipe the jar rim with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.

5. Process in a pressure canner at 15 PSI according to your selection and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.

INGREDIENTS

- 2 cups dried navy or great northern beans
- 2½ lbs. smoked ham steak, diced into ½-inch cubes (7 cups)
- 1 bunch kale, stems removed and chopped (7 cups)
- 4 cups carrots, peeled and cut into ½-inch pieces
- 2 cups onion, diced
- 2 cups celery, diced
- 7 tsp minced garlic
- 16 cups chicken or vegetable broth

THE RAW STACKING METHOD 73

You Can Make Entire Meals in a Jar!

FEATURING MORE THAN 100 PRESSURE-CANNING RECIPES FROM SIX DIFFERENT INTERNATIONAL CUISINES

Make Your Own Takeout
KOREAN BULGOGI
RECIPE CATEGORY: ASIAN

ENJOY MORE THAN 100 MEALS FROM A WIDE VARIETY OF CUISINES

MEDITERRANEAN

ASIAN

AMERICAN & EUROPEAN

MEXICAN

MIDDLE EASTERN

VEGETARIAN

DIANE DEVEREAUX
Author of *The Complete Guide to Pressure Canning*
FOREWORD BY GABRIEL BERENSON



Discover Pressure Canning Recipes for More Than 100 Delicious Meals. Just Pop Open a Jar, Heat, and Eat!

Welcome to *Meals in a Jar*, your practical guide to preserving safe, ready-made, shelf-stable meals for long-term storage.

Discover step-by-step instructions for making flavorful meals from seven of the world's most popular cuisines. Enjoy international favorites, including Hungarian Mushroom Soup, Korean Bulgogi, and Green Chile Verde with Pork.

You'll also find chapters dedicated to vegetarian dishes, pressure canning basics, and convenient ingredient substitutions for food allergies and other dietary needs.

Suitable for all skill levels, *Meals in a Jar* will help you pressure can with confidence, expand your family's palette, fill your pantry, and turn

DIANE DEVEREAUX, *The Canning Diva*®, is a television presenter, and instructor. For over a decade, she has shared food preservation with families across the globe. Her books include *Pressure Canning*, and *Beginner's Guide to Canning*. She is a resident of Michigan.



WHAT'S FOR DINNER TONIGHT?

Just Pop Open a Jar, Heat and Eat!

