



Chicken Fajitas with beans

Makes approx. 5 quarts or 10 pints

The best part of creating a meal in a jar is you simply need to heat and serve! I like to empty the entire jar into a skillet, heat through and use my cast iron skillet to lightly toast corn tortillas. Set out freshly chopped cilantro, lime wedges, shredded cheese and home canned salsa to give the fajitas a finishing touch.

Ingredients

- 6 cups dried pinto beans, rinsed and sorted
- 2 ½ cups bell peppers, sliced (any color or combination)
- 2 ½ cups sweet onions, sliced
- 5 Roma tomatoes, diced
- 5 boneless, skinless chicken thighs
- 5 small boneless, skinless chicken breasts
- 5 tablespoons homemade Fajita spice blend
- 8 cups chicken broth

Instructions

1. Using a measuring cup and funnel, add 1 cup of dried beans to each quart and a ½ cup to each pint jar. Next, place a ½ cup of peppers in each quart jar, then add a ½ cup of onion slices right after. Gently tap down the pepper and onions using your headspace measuring tool. If using pints, add ¼ cup of each ingredient and tap down.
2. Add ½ cup diced tomatoes to each quart, and a ¼ cup to each pint jar. Slice one chicken thigh and one small chicken breast and add to each quart. If using pints, slice and add a half breast and half thigh to each pint.
3. Add 1 heaping tablespoon of the fajita spice blend to each quart jar and a heaping ½ tablespoon to each pint jar.
4. Next, slowly add chicken broth until it stops filling. Using the flip side of the headspace measuring tool, remove air bubbles by sliding the tool down the sides of the jar and pressing into the jar's center mass. Add additional broth and repeat until there are no air pockets remaining and the broth is at 1-inch of headspace. Complete this step for every jar.
5. Wipe the jar rims with a clean washcloth dipped in vinegar. Add a canning lid and ring to each jar and hand tighten.
6. Place the jars in the pressure canner filled with 3 quarts of water, lock the lid, and bring the canner to a boil over high heat. Let the canner vent for 10 minutes. Process in a pressure canner at 10 PSI or according to your elevation; 90 minutes for quarts and 75 minutes for pints.
7. Allow the canner to return to zero PSI naturally before removing the canner lid. Wait a minimum of 5 minutes before removing the jars from the canner too cool.