

# Preserve It Fresh, Preserve It Safe

Volume 6, Issue 1  
January/February 2020

## Goulash

Remember when goulash was the go-to dish for families? It's popular again – many social media posts reminisce about moms, grandmas and school cooks who served traditional goulash. If you're considering home canning your own, here is a great tested and safe recipe to get you started!

NOTE: Do **not** add pasta to goulash before processing. Add pasta only when preparing the dish for a meal.

### Ingredients:

- 2 to 3 pounds of lean ground beef or turkey
- 1 large onion, chopped
- 1 cup chopped peppers, variety of choice (hot or bell peppers)
- 6 cloves minced garlic
- 3 tablespoons Worcestershire sauce
- 3 cups tomato sauce or 2–3 quarts whole peeled tomatoes
- 1 teaspoon cayenne pepper or red pepper flakes
- 1 teaspoon thyme
- 1 teaspoon cumin
- 1 teaspoon chipotle seasoning
- 2 teaspoons dry mustard

### Instructions:

- Brown the ground beef (or turkey) with onion and peppers, and then add minced garlic. Season with salt and pepper to taste. Be sure to drain well.
- Combine meat mixture, Worcestershire sauce, tomatoes and seasonings in a large saucepan. Simmer for 30 minutes.
- Ladle into clean, hot canning jars, leaving 1 inch of headspace. Remove air bubbles. Wipe rim. Apply flat (lid) and screw band until fingertip-tight.
- Process pints for 75 minutes at 10 pounds pressure (11 pounds for a dial-gauge canner) and quarts at 90 minutes. Makes 4 pints or 2 quarts.

### To serve:

- Place goulash in a saucepan over medium heat. Bring to a simmer, and add additional spices to taste. Add a bit of brown sugar if a hint of sweetness is desired.
- While sauce is simmering, in a separate saucepan cook pasta of choice and drain excess water well. Add pasta to the goulash mixture and mix thoroughly.

### Source:

Ball Corporation. 2011. *Let's Get Canning*.



Receive this newsletter electronically by signing up at <https://extension2.missouri.edu/programs/food-preservation>

### Local contact information:

Deb Andres, M.S.  
Family & Consumer Sciences  
Agent  
119 E. 9th Street  
Junction City, KS 66441  
785-238-4161





## Choose Your Pasta!

- **Long and skinny pasta** — that is, spaghetti, linguine and vermicelli — are best for light sauces and cream- or oil-based sauces.
- **Long ribbon pasta** — that is, fettuccine and pappardelle — are great choices for rich, meaty sauces.
- **Tube pasta** — that is, penne, rigatoni and macaroni — are best used for thick vegetable sauces or baked dishes.
- **Twist pasta**, such as fusilli, work best with light sauces, such as pesto.
- **Shell pasta** — that is, conchiglie or lumache — are good in heavy cream or meat sauces.
- **Mini pasta**, such as orzo, are best in soups and salads.
- **Filled pasta** — that is, ravioli or tortellini — are traditionally served with a light butter or oil sauce.

## Safety Considerations for Gifts of Home-Canned Foods

Home-canned foods are thoughtful gifts during the holidays or anytime. But how do you know if the food product you received as a gift is safe to eat? Use these tips based on [National Center for Home Food Preservation](#) guidelines to evaluate the safety of home-canned gifts.

- Fruit jams and jellies and whole fruits like peaches and pears are low-risk because their natural acidity and high sugar content provide an extra measure of safety.
- Low-acid meats, vegetables and mixtures pose a higher risk, because, if improperly processed, they can support the growth of the botulism bacteria. These products must be prepared following tested recipes in a pressure canner.
- Mixtures of acidic and low-acid foods — such as salsas and some pickled products — are also a potential risk for botulism if they are not properly processed. Jar size is important to home-canned food safety, as well. For example, while you can safely can salsa in pint jars, you won't find any tested recipes for safely canning salsa in quart jars.
- Not everything that is made commercially can be safely canned at home. For example, there are no tested procedures for home canning the following products:
  - Pesto
  - Pumpkin butter or other vegetable-based butters
  - Cream soups
  - Hot fudge sauce
  - Canned breads and cakes
  - Herbs or vegetables in oil
  - Gifts canned in decorative untested jars

A sealed lid doesn't mean a product is safe. It is best when the gift giver uses recommended recipes, procedures and equipment. Ask a few kind questions, if necessary. Be gracious and thankful for the gift, but if there is any doubt about a product's safety — throw it out.

### Source:

Address, Elizabeth L. 2010. "Be Safe Eating Your Homemade Gifts." National Center for Home Food Preservation. <https://nchfp.uga.edu/tips/winter/gifts.html>.



### University of Missouri Extension

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local Extension Councils Cooperating.  
 MU Extension is an equal opportunity/access/affirmative action/pro-disabled and veteran employer.

### Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Kansas State University, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. K-State Research and Extension is an equal opportunity provider and employer.