

Add-Ons - Items Needed In Addition to Mason Jars

Items	Recipe's Page # and # of cans needed per page	Needed for 90 Day Supply
1 pint cooked chicken ¹	7, 15, 21, 29, 41, 47, 49, 51, 53, 55	30
1 pint cooked ground beef ²	9, 13, 17, 19, 27, 31, 33, 35, 43 x 2, 45, 59	36
14 ounce can diced tomatoes ³	9 x 2, 11, 17 x 2, 25, 27 x 3, 31, 43 x 2, 45 x 2, 49, 53, 57, 59, 61	57
28 oz can crushed tomatoes	37	3
15 oz can tomato sauce	49	3
15 ounce can corn	17	3
4 oz can diced green chiles	53, 59	6
14 oz can green beans	15	3
Small can sliced olives	49, 57, 59	9
15 oz can mixed vegetables	13	3
1 pound package spaghetti	11	3
4 oz jar Yeast	23, 57	1
Small Jar of Olive Oil	11, 49, 53, 57, 59	1
1 pound Butter	15, 23, 41	1
Ketchup (1/2 c)	43	1

¹ You can pressure can the chicken yourself. You can also substitute turkey which can be obtained over the holidays frequently for \$0.90 a pound or less. If you are using fresh chicken, you will need about a pound.

² If you can your ground beef, many sources state that you must use super lean ground beef. At about \$4 a pound, this is expensive. You may want to use fresh ground beef if you have it on hand or TVP for these recipes instead. One pint of ground beef would be equal to about a pound of fresh ground beef. **All recipes assume the meat is already cooked.**

³ If you have a plentiful harvest of tomatoes in your garden, you can pressure or water bath can the tomatoes for use with these recipes. A pint size jar would equal a can.