

Vegetable

CANNING YIELD GUIDE

— Pounds Per Quart —



Beets — 2.5–3 lbs → 1 Quart —
trimmed & peeled



Carrots — 2.5 lbs → 1 Quart —
peeled



Corn (Kernels) — 4–5 lbs → 1 Quart —
about 12–16 ears



Green Beans — 2 lbs → 1 Quart —
trimmed



Lima Beans (Shelled) — 2–2.5 lbs → 1 Quart —
shelled weight



Okra — 1.5–2 lbs → 1 Quart —
whole or sliced



Peppers — 1.5–2 lbs → 1 Quart —
chopped or sliced



Peas (Shelled) — 2–2.5 lbs → 1 Quart —
shelled weight



Potatoes — 2.5–3 lbs → 1 Quart —
peeled



Tomatoes — 2.5–3.5 lbs → 1 Quart —
whole or crushed



Amounts are approximate. Actual yield varies depending
— on trimming, peeling, and produce size. —