

Soups

Vegetable, dried bean or pea, meat, poultry, or seafood soups can be canned.

Caution: Do not add noodles or other pasta, rice, flour, cream, milk or other thickening agents to home canned soups. If dried beans or peas are used, they **must** be fully rehydrated first.



Please fully understand how to use a pressure canner before beginning.

Procedure: Select, wash and prepare vegetables, meat and seafood as described for the specific foods. Cover meat with water and cook until tender. Cool meat and remove bones. Cook vegetables. For each cup of dried beans or peas, add 3 cups of water, boil 2 minutes, remove from heat, soak 1 hour, and heat to boil; drain.

Combine solid ingredients with meat broth, tomatoes, or water to cover. Boil 5 minutes.

Caution: Do not thicken. Salt to taste, if desired. Fill jars halfway with solid mixture. Add remaining liquid, leaving 1-inch headspace.

Table 1. Recommended process time for **Soups** in a **dial-gauge pressure canner**.

| Canner Pressure (PSI) at Altitudes | | | | | | |
|------------------------------------|----------|--------------|------------|----------------|----------------|----------------|
| Style of Pack | Jar Size | Process Time | 0-2,000 ft | 4,001-6,000 ft | 4,001-6,000 ft | 6,001-8,000 ft |
| Hot | Pints | 60* minutes | 11 lb | 12 lb | 13 lb | 14 lb |
| | Quarts | 75* minutes | 11 | 12 | 13 | 14 |

*Caution: Process 100 minutes if soup contains seafood.

Table 2. Recommended process time for **Soups** in a **weighted-gauge pressure canner**

| Canner Pressure (PSI) at Altitudes | | | | |
|------------------------------------|----------|--------------|------------|----------------|
| Style of Pack | Jar Size | Process Time | 0-1,000 ft | Above 1,000 ft |
| Hot | Pints | 60* minutes | 10 lb | 15 lb |
| | Quarts | 75* minutes | 10 | 15 |

*Caution: Process 100 minutes if soup contains seafood.