

# Canning Soups and Sauces

by Sarah Lewis



On busy days, when all you want is a quick, nourishing dinner, wouldn't it be wonderful if your shelves were filled with home-cooked soup, stew, or pasta sauce? You could grab a family favorite from jars in the pantry, add bread and a salad, and have a homemade dinner served in minutes!

This publication includes guidelines for safe home canning of soups and several recipes that either conform to USDA safe canning guidelines or have been scientifically tested to ensure safety.

## Pressure Canning is Necessary for Meats and Vegetables

Soups and sauces containing tomatoes, vegetables and meat are low-acid products. To ensure they are

safe to eat, they must be processed in a pressure canner at the pressure and for the processing time required by each tested recipe.

For soups containing a mixture of vegetables and meat in broth, there are important (but simple) canned soup guidelines in this publication that will ensure a safe, quality product. For tomato-based soups and sauces, like chili and pasta sauce, only specific, scientifically researched and tested recipes should be used, like those included here.

*Hint: when looking for canning recipes online always add the word "extension" to your search. Canning recipes published by a Cooperative Extension Service, anywhere in the U.S., are tested according to USDA requirements.*



## Important Safety Considerations

These ingredients should never be included in homemade soups and sauces and should only be added just before serving:

- Flour, cornstarch, or other thickening agents: these prevent the heat from penetrating to the center of the product.
- Butter, milk, cream, cheese and other dairy products: these react with some bacteria in a way that makes them harder to kill with heat.
- Noodles, pasta, rice, grains, and dumplings of any kind: These products are high in starch and interfere with the heat processing.

## Special Information about Vegetables in Soups

The general rule is that only vegetables with recipes/ recommendations for canning on their own should be canned in a soup, but here's more information:

**USDA/Extension tested canning recipes are available for the following vegetables:** asparagus, beans (shelled or dried, all varieties), green beans, beets, carrots, corn, mushrooms, okra, onions, peas (shelled), peppers (all kinds), sweet potatoes, potatoes, pumpkin (all winter squash), rutabagas, spinach (and other greens), tomatillos, and turnips.

**Celery, chopped onions:** There are no canning recommendations for these vegetables, individually, because they have an inconsistent texture and/or unpleasant taste when canned. These vegetables can be safely included in the soup guidelines in this publication, as well as in any USDA/Extension tested recipe that specifically includes them. In these recipes the taste is muted or enhanced by other ingredients and/or the texture is less of a concern.

**Zucchini, summer squash:** There are no canning recommendations for summer squash because, when





canned on its own, the density of the product is too variable to be safe. However, when summer squash is not the primary ingredient in a soup it can be included in the soup guidelines in this publication, as well as in any USDA/Extension tested recipe that specifically includes them.

Pureed vegetables, especially pureed potatoes, summer squash or winter squash should never be included in a home canned soup. The density of these products is too thick and variable to determine a consistently safe canning time.

## Brothy Soup Guidelines

Follow recipe directions below to pack jars half full, and no more, with the solid ingredients. Fill the rest of the jar with liquids and always leave one inch of headspace. Thickened soups should not be canned. When meats are used, remove as much fat as possible so it does not interfere with the lids creating a tight seal.

1. Select your favorite soup recipe that includes vegetables and meat (see previous information on “Important Safety Information” and “Special Information about Vegetables in Soups”).
2. Vegetables: wash, peel, and/or cut to sizes as you would for a hot pack when canning each type of vegetable. Wash, trim, and slice or cube zucchini or summer squash.
3. Meat or poultry: remove bones and excess fat, cut to bite-size pieces. Browning optional.
4. Ground meat: cook until browned as bite-sized meatballs or crumbles; pour off excess fat.
5. Fish: cut into bite-sized pieces; bones may remain (they will soften when canned).
6. Other seafood: prepare as for a hot pack in canning.
7. Dried beans and peas must be fully rehydrated first, using one of the following methods:
  - a. Place sorted and washed beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. Cover again with fresh water and boil 30 minutes.
  - b. Cover sorted and washed beans or peas with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover again with fresh water and boil 30 minutes.
8. Combine all solid ingredients in a pan, cover with hot water or broth (wine may also be added). Boil 5 minutes.
9. Add salt, herbs and spices to taste. The flavor of many herbs and spices will strengthen during the canning process; the flavor of garlic may be reduced.
10. Fill clean, hot canning jars halfway with solid ingredients. Only can soups in quart-sized jars or smaller. Never can soup in half-gallon or larger containers.
11. Continue filling jars with hot broth from pot, leaving 1 inch headspace.
12. Stir to remove air bubbles and settle ingredients; wipe jar rims, place and adjust lids.
13. Pasteurize in a pressure canner according to the following tables:

Brothy Soup Processing Chart						
Dial Gauge Canner Pressure (PSI) at Altitudes						
Recipe Includes	Jar size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
No fish or seafood	Pints	60 minutes	11 lb	12 lb	13 lb	14 lb
	Quarts	75 minutes	11 lb	12 lb	13 lb	14 lb
Fish or seafood	Pints	100 minutes	11 lb	12 lb	13 lb	14 lb
	Quarts	100 minutes	11 lb	12 lb	13 lb	14 lb
Weighted Gauge Canner Pressure (PSI) at Altitudes						
Recipe Includes	Jar size	Process Time	0–1,000 ft		Above 1,000 ft	
No fish or seafood	Pints	60 minutes	10 lb		15 lb	
	Quarts	75 minutes	10 lb		15 lb	
Fish or seafood	Pints	100 minutes	10 lb		15 lb	
	Quarts	100 minutes	10 lb		15 lb	

## Hearty Soup Guidelines

These guidelines allow the canning of soups with more solid ingredients than is safe with the Brothy Soups Guidelines. This is helpful when canning stews and hearty soups but is also useful for canning soup “base” recipes that can be increased with added water, milk or broth when reheating for serving.

1. Select your favorite soup recipe that includes vegetables and meat (see previous information on “Important Safety Information” and “Special Information about Vegetables in Soups”). In addition, DO NOT include dry beans, greens, cream-style corn, winter squash, or sweet potatoes in Hearty Soup recipes.
2. Vegetables: wash, peel, and/or cut to sizes as you would for a hot pack when canning each type of vegetable. Wash, trim, and slice or cube zucchini or summer squash.
3. Meat or poultry: remove bones and excess fat, cut to bite-size pieces. Browning is optional.
4. Ground meat: cook until browned as bite-sized meatballs or crumbles; pour off excess fat.
5. Fish: cut into bite-sized pieces, bones may remain (they will soften when canned).
6. Other seafood: prepare as for a hot pack in canning.
7. Combine all solid ingredients in a pan and cover with hot water or broth (wine may also be added). Boil 5 minutes.
8. Add salt, herbs and spices to taste. The flavor of most herbs and spices will strengthen during the canning process; the flavor of garlic may be reduced.
9. Fill clean, hot canning jars to 1 inch headspace with solid ingredients. Only can soups in quart-sized jars or smaller. Never can soup in half-gallon or larger containers.
10. Continue filling jars with hot broth from pan, leaving 1 inch headspace.
11. Stir to remove air bubbles and settle ingredients; wipe jar rims, place and adjust lids.
12. Pasteurize in a pressure canner according to the following tables:

Hearty Soups Processing Chart						
Dial Gauge Canner Pressure (PSI) at Altitudes						
Recipe Includes	Jar size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
No fish or seafood	Pints	75 minutes	11 lb	12 lb	13 lb	14 lb
	Quarts	90 minutes	11 lb	12 lb	13 lb	14 lb
Fish or seafood	Pints	100 minutes	11 lb	12 lb	13 lb	14 lb
	Quarts	None	—	—	—	—
Weighted Gauge Canner Pressure (PSI) at Altitudes						
Recipe Includes	Jar size	Process Time	0–1,000 ft		Above 1,000 ft	
No fish or seafood	Pints	75 minutes	10 lb		15 lb	
	Quarts	90 minutes	10 lb		15 lb	
Fish or seafood	Pints	100 minutes	10 lb		15 lb	
	Quarts	None	—		—	

## Brothy and Hearty Canned Soup Recipes

These recipes can be halved or multiplied and can be canned in quarts for family meals or in pint or half-pint jars for individual servings. One quart jar equals two pint jars. One quart jar equals four half-pint jars.

### Classic Chicken Soup

Cooking spray or olive oil  
3 pounds boneless, skinless chicken, cubed  
1 tablespoon olive oil  
1 large onion, chopped  
2 cloves garlic, minced  
6 quarts chicken, vegetable or herb stock  
3 celery stalks, sliced  
3 carrots, diced  
1 teaspoon salt  
¼ teaspoon pepper  
2 cans (14 ounce) chicken stock (if needed for extra liquid)  
7 one-quart jars, washed and kept warm in a sink of hot water or a low-temperature oven.

1. Coat a soup pot with cooking spray or olive oil, place over medium-high heat until hot.
2. Add chicken to pan. Sauté 3-5 minutes or until browned. Remove chicken from pan and set aside on paper towels.
3. Pour and wipe drippings from pan and add oil, onion and garlic; sauté until tender. Stir in chicken, stock and all remaining ingredients.
4. Bring to a boil and simmer 5 minutes.
5. Fill clean, hot jars to half full with solid ingredients.
6. Add broth to jars leaving a 1 inch headspace. Use extra chicken stock if needed.
7. Adjust lids and process according to the Brothy Soup Guidelines Processing Chart.

**For a Hearty Soup:** Double all ingredients except the stock. Steps 1–4 remain the same.

5. Fill clean, hot jars to 1 inch headspace with solid ingredients.
6. Add broth to jars leaving a 1 inch headspace. Use extra chicken stock if needed.
7. Adjust lids and process according to the Hearty Soup Guidelines Processing Chart.

**Reheating ideas:** Open a jar, pour soup in a pot, then:

- **Mexican:** Add salsa, lime juice, beans and cilantro, then serve with tortilla chips.
- **Hearty:** Add potatoes (diced small), rice or noodles and boil until tender.
- **Asian:** Add some ginger, soy sauce and snow peas.
- **Inside Passage:** Put pilot bread in the bottom of a bowl, pour hot soup over and sprinkle with fresh or dried seaweed of choice.
- **Tongass Rainforest:** Add your favorite fresh spring greens (fireweed shoots, devil's club shoots, twisted stalk, nettle shoots, etc.) and boil until tender.

### Salmon Selyanka

Recipe from Patti and Brendan Boily of Homer, Alaska, and adapted for home canning.

4 pounds of salmon, skinned, cut to bite size (fresh, frozen, previously cooked, or canned; boned or unboned)

1 tablespoon oil  
1 large onion, diced  
2 quarts chicken stock  
2 quarts water  
6–8 medium potatoes, cubed  
1 teaspoon dill weed  
1 teaspoon salt  
Additional chicken broth or water, if needed  
7 one-quart jars, washed and kept warm in a sink of hot water or a low-temperature oven

1. Cook onion in oil until just tender.
2. Add salmon, chicken stock, water, potatoes, dill weed and salt.
3. Bring to a boil and simmer 5 minutes.
4. Fill clean, hot jars to half full with solid ingredients.
5. Add broth to jars leaving a 1 inch headspace. Use extra chicken stock if needed.
6. Adjust lids and process according to the Brothy Soup Guidelines Processing Chart.
7. Label each jar with these directions: "Add butter when heating."

**For a Hearty Soup:** Double all ingredients except the stock. Steps 1–3 remain the same.

4. Fill clean, hot, one-pint or smaller jars to 1 inch headspace with solid ingredients.
5. Add broth to jars leaving a 1 inch headspace. Use extra stock if needed.

6. Adjust lids and process according to the Hearty Soup Guidelines Processing Chart.
7. Label each jar with these directions: "Add butter when heating."

When serving, top with fresh or dried dill and finely chopped red onion.

### Venison Stew

Cooking spray or olive oil

1 pound lean venison (or moose, caribou, beef), cubed

1 teaspoon olive oil

1 small onion, chopped

1 clove garlic, minced

1 celery stalk, chopped

1 carrot, diced

2 small/medium potatoes, cubed

1 ½ to 2 cups water

½ teaspoon salt

⅛ teaspoon pepper

2 cans (14 ounce) beef stock (if needed for extra liquid)

2–3 one-quart jars, washed and kept warm in a sink of hot water or a low-temperature oven

1. Coat a soup pot with cooking spray or olive oil, place over medium-high heat until hot.
2. Add venison to pan. Sauté until browned. Remove from pan and set aside on paper towels.
3. Pour and wipe drippings from pan and add oil and all vegetables, sauté until just tender. Stir in venison, salt and pepper, then cover with water.
4. Bring to a boil and simmer 5 minutes.
5. Fill clean, hot jars to half full with solid ingredients.
6. Add broth to jars leaving a 1 inch headspace. Use extra chicken stock if needed.
7. Adjust lids and process according to the Brothy Soup Guidelines Processing Chart.
8. Label each jar with these directions: "Thicken when heating."

**For a Hearty Soup:** Double all ingredients except the stock. Steps 1–4 remain the same.

5. Fill clean, hot jars to 1 inch headspace with solid ingredients.
6. Add broth to jars leaving a 1 inch headspace. Use extra chicken stock if needed.

7. Adjust lids and process according to the Hearty Soup Guidelines Processing Chart.
8. Label each jar with these directions: "Add 1 jar stock, thicken when heating."

**Using your family stew recipe:** If your family has a favorite stew recipe you can adapt it for canning by following the directions above, but substituting your chosen vegetables (see previous information on "Important Safety Information" and "Special Information about Vegetables in Soups"), herbs and spices.

### Piquante Vegetable Soup

Adapted from a Ball Blue Book, 37th edition, recipe

3 quarts whole kernel corn, uncooked

10–12 medium tomatoes, blanched 60 seconds and peeled, diced (volume: 2 quarts)

30 medium tomatillos, diced (volume: 1 quart)

4 medium carrots, sliced (volume: 2 cups)

4 medium onions, chopped (volume: 2 cups)

2 large red bell peppers, seeds removed, chopped (volume: 2 cups)

2 large green bell peppers, seeds removed, chopped (volume: 2 cups)

6–8 banana peppers, seeds removed, chopped (volume: 1 ½ cups)

4–6 jalapeno peppers, seeds removed, chopped (volume: ½ cup)

½ cup minced fresh cilantro (2 tablespoons dried)

4 teaspoons chili powder

2 teaspoons cayenne pepper

2 teaspoons black pepper

1 teaspoon salt

2 quarts tomato juice

2 cups water

2 ½ tablespoons hot pepper sauce

7 one-quart jars, washed and kept warm in a sink of hot water or a low-temperature oven

1. Combine all ingredients in a large soup pot.
2. Bring to a boil and simmer 5 minutes.
3. Fill clean, hot jars to 1 inch headspace.
4. Adjust lids and process according to the Hearty Soup Guidelines Processing Chart.
5. Label each jar with these directions: "Thicken when heating."



## Extension/USDA Tested Recipes

In addition to the Brothy and Hearty Soup Guidelines, there are soup and sauce recipes that have been tested individually for safe home canning. With the exception of herbs and spices, these recipes should not be altered unless all ingredient ratios are maintained. Additional recipes can be found on Extension websites nationwide or at the National Center for Home Food Preservation (NCHFP.uga.edu).

The processing times given for each recipe here are for altitudes of 0–1,000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments:



Extension/USDA Tested Recipes Processing Chart			
Dial Gauge Canner Pressure (PSI) at Altitudes			
0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
11 lb	12 lb	13 lb	14 lb
11 lb	12 lb	13 lb	14 lb
11 lb	12 lb	13 lb	14 lb
11 lb	12 lb	13 lb	14 lb
Weighted Gauge Canner Pressure (PSI) at Altitudes			
0–1,000 ft		Above 1,000 ft	
10 lb		15 lb	
10 lb		15 lb	
10 lb		15 lb	
10 lb		15 lb	

A collage of fresh vegetables and ingredients. It includes several mushrooms, a bunch of cherry tomatoes, a whole onion, a bowl of dried beans, and some green herbs. The ingredients are arranged on a dark, textured surface.

### Molasses Beans

- 3 ¼ pounds dry beans of your choice (or four 15 ounce cans, reserve liquid)
- 2–3 strips bacon (can substitute salt pork or ham)
- 3 tablespoons dark molasses
- 1 tablespoon vinegar
- 2 teaspoons salt
- ¾ teaspoon powdered dry mustard
- 9 one-pint jars, washed and kept warm in a sink of hot water or a low-temperature oven

1. Sort and wash dry beans. In a large pot, add 3 cups of water for each cup of dry beans. Boil 2 minutes, remove from heat and soak for one hour and drain.
2. Add fresh water to beans to cover; heat to boiling. Drain, reserve liquid.
3. In a large pot, mix 4 cups of reserved bean liquid (add water to make 4 cups, if needed), molasses, salt and dry mustard. Heat to boiling.
4. Fill hot jars to three-quarters full with hot beans.



5. Add 1 inch piece of bacon (or  $\frac{3}{4}$  inch cube of ham or salt pork) to each jar.
6. Fill jars with heated sauce, leaving 1 inch headspace.
7. Stir to remove air bubbles, adjust lids and process in a pressure canner:  
Dial gauge at 11 lbs or weighted gauge at 10 lbs  
Pints, 65 minutes; quarts, 75 minutes.

For **Tomato Sauce Beans**, replace the ingredients in step 3 with:

- 1 quart tomato juice
- 3 tablespoons sugar
- 2 teaspoons salt
- 1 tablespoon minced onion
- $\frac{1}{4}$  teaspoons each of: ground cloves, allspice, mace, cayenne pepper (or your preferred spices)

### Spaghetti Sauce with Meat

- 2  $\frac{1}{2}$  lbs ground meat (beef, sausage, venison or turkey)
- Olive oil
- 5 cloves garlic, minced
- 1 cup onions, chopped
- 1 cup green bell pepper and/or celery, chopped
- 1 pound fresh mushrooms, sliced

- 7 (28 ounce) cans crushed tomatoes, drain through a sieve if very watery
- 2 tablespoons dried oregano
- 4 tablespoons minced fresh parsley
- 2 teaspoons black pepper
- 4  $\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  cup brown sugar
- 2–3 one-quart jars, washed and kept warm in a sink of hot water or a low-temperature oven

1. Brown meat in oil in a large sauce pan or Dutch oven over medium-high heat.
2. Add garlic, onion, celery (and/or green pepper) and mushrooms to pan and cook until tender.
3. Add drained, crushed tomatoes and all remaining ingredients. Bring to a boil and simmer uncovered, stirring frequently, until volume is reduced by approximately one half.
4. Fill hot jars with sauce, leaving a 1 inch headspace.
5. Wipe jar rims, adjust lids and process:  
Dial-gauge canner at 11 lbs or weighted-gauge canner at 10 lbs.  
Pints, 60 min.; quarts, 70 min

**NOTE:** If you eliminate meat from the sauce, process pints for 20 minutes and quarts for 25 minutes.







### Chili con Carne

- 3 cups dry pinto or red kidney beans (or four 15 ounce cans, drained)
  - 3 pounds ground beef, moose, caribou, or venison
  - 1 ½ cups chopped onions
  - 1 cup chopped peppers of your choice (optional)
  - 1 tablespoon salt
  - 1 teaspoon black pepper
  - 3–6 tablespoons chili powder
  - 2 quarts crushed or whole tomatoes
  - 9–10 one-pint jars, washed and kept warm in a sink of hot water or a low-temperature oven
1. If using dry beans, rehydrate using one of the following methods:
    - a. Place sorted and washed beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. Cover again with fresh water and boil 30 minutes.
    - b. Cover sorted and washed beans or peas with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover again with fresh water and boil 30 minutes. Drain.
  2. In a Dutch oven or soup pot, brown meat, onions and peppers.
  3. Drain fat off of meat mixture; add salt, black pepper, chili powder, tomatoes and beans. Simmer for 5 minutes. Do not thicken.
  4. Fill clean, hot jars to 1 inch headspace.

5. Adjust lids and process:  
Dial gauge 11 lbs or weighted gauge 10 lbs  
Pints, 75 min.
6. To serve: Put soup in pot, reheat to boiling and serve with tortillas and chili condiments (chopped onions, jalapenos, grated cheese, sour cream, avocados, etc.).

### Clam or Fish Chowder Base (New England Style)

- ½ pound diced salt pork (optional)
  - 1 medium onion, chopped (goal: 1 cup)
  - 8 medium potatoes, peeled and diced (goal: 2 quarts)
  - 3–4 quarts cleaned, chopped clams with juice  
OR diced fish meat OR a mixture of both
  - 2 quarts boiling water
  - Salt and pepper, to taste
  - ½–1 teaspoon preferred herbs and spices (dill or thyme are recommended)
  - 10 one-pint jars (do not use quarts), washed and kept warm in a sink of hot water or a low-temperature oven
1. Cook salt pork, if using, until light brown in a large saucepot. Drain off excess fat.
  2. Add onion to pork and cook until tender, but not brown.
  3. Add clams with juice (or fish), potatoes and water. Bring to a boil for 10 minutes.
  4. Season to taste with salt, pepper and dill or thyme.
  5. Fill clean, hot jars to 1 inch headspace.
  6. Label each jar with these directions: “Add 2 tablespoons butter, 1 jar of milk.”
  7. Adjust lids and process:  
Dial gauge 11 lbs or weighted gauge 10 lbs  
Pints or half-pints, 100 min.

For **Manhattan Style Chowder**, in step 3, add the following ingredients:

- 2 cups cooked, diced tomatoes
- Small bay leaf
- ½ stalk celery, chopped (goal: ½ cup)
- ½ teaspoon thyme

And label each jar with these directions: “Add 1 jar of water, stock, or tomato juice.”

### Chicken Stock

One carcass of a roast chicken, almost all of the meat removed

Drippings from the roast chicken pan, cooled, fat removed and discarded

1. Place carcass and drippings in a large stock pot, add enough water to cover.
2. Cover pot and simmer until meat can easily be stripped from the bones, 30–45 minutes.
3. Remove bones from stock, set aside to cool.
4. Cool stock in refrigerator until fat solidifies at top and can be skimmed off.
5. Remove any meat remaining on the bones and add it to the stock, if desired. Do not add any additional meat to stock.
6. Reheat broth to boiling.
7. Fill clean, hot jars; leave 1 inch headspace.
8. Wipe jar rims, adjust lids and process:  
Dial gauge canner at 11 lbs or weighted gauge canner at 10 lbs  
Pints, 20 minutes; quarts, 25 minutes.
9. Season as preferred when using in recipes.

### Beef/Venison/Moose/Caribou Stock

Fresh, trimmed, cracked beef bones (most of the meat removed)

1. Rinse bones and place in a large stock pot, add enough water to cover.
2. Cover pot and simmer 3–4 hours.
3. Remove bones from stock, set aside to cool.
4. Cool stock in refrigerator until fat solidifies at top and can be skimmed off.
5. Remove any meat remaining on the bones and add it to the stock, if desired. Do not add any additional meat to stock.
6. Reheat broth to boiling.
7. Fill hot jars, leave 1 inch headspace.
8. Wipe jar rims, adjust lids, and process:  
Dial-gauge canner at 11 lbs or weighted-gauge canner at 10 lbs  
Pints, 20 minutes; quarts, 25 minutes.
9. Season as preferred when using in recipes.



## Vegetable Stock

A Ball Blue Book, 37th edition, tested recipe

- 5 to 6 medium carrots, cut into 1-inch pieces  
(about 1 pound)
  - 6 stalks celery, cut into 1-inch pieces
  - 3 medium onions, quartered (about 1 pound)
  - 2 medium red bell peppers, remove seeds, cut  
into strips
  - 2 medium tomatoes, coarsely chopped
  - 2 medium turnips, coarsely chopped
  - 3 cloves garlic, crushed
  - 3 bay leaves
  - 1 teaspoon crushed thyme
  - 8 peppercorns
  - 7 quarts water
  - 4 one-quart jars, washed and kept warm in a  
sink of hot water or a low-temperature oven
1. Combine all ingredients in a large saucepan.  
Bring to a boil and simmer, covered, for 2 hours.
  2. Uncover pot and continue simmering for 2 more  
hours.
  3. Strain stock through a fine sieve or several layers  
of cheesecloth. Discard vegetables and herbs.
  4. Fill clean, hot jars; leave 1 inch headspace.
  5. Wipe jar rims, adjust lids and process:  
Dial gauge canner at 11 lbs or weighted gauge  
canner at 10 lbs  
Pints, 30 minutes; quarts, 35 minutes.

For a waste-free kitchen version: save the clean  
tops, leaves, and ends of carrots, celery, onions,  
tomatoes, bell peppers, and turnips in a container  
in the freezer. When you have 3–4 pounds saved,  
replace the fresh vegetables in the above recipe  
with the frozen vegetables. Use the same herbs and  
seasonings as above, or a mixture of your preference.





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10-21/SL/11-21

**New October 2021**