

Pressure Canning Processing Steps

1. Prep food & jars
2. Heat water (*not boiling*)
Hot pack: 180°F; Raw pack: 140°F
3. Place jars in canner
4. Lid on; weight off
5. Vent 10 minutes
6. Weight on
7. Pressurize
8. Process
9. Heat off; drop to 0
10. Weight off
11. Cool 10 minutes
12. Lid off
13. Remove jars



Canning Soup

No Reputable Canning Recipe?

Prep Food:

1. Select, wash, and prepare vegetables, meat and seafood per chart.
2. Cover meat with water, cook until tender. Cool meat and remove bones.
3. Cook vegetables as described for a hot pack.
4. 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.

Heat Soup:

1. Combine solid ingredients with meat broth, tomatoes, or water to cover.
2. Do not add thickening agents to home canned soups before canning (noodles or other pasta, rice, flour, cream, milk, etc.)
3. Boil 5 minutes. Salt to taste, if desired.

Process Soup:

1. Fill jars halfway with solid mixture. Add remaining liquid, leaving 1" headspace.
2. Place lids and rings on jars and process, adjusting for altitude.
 - Dial-gauge: 11 lbs pressure, Pints 60 minutes, Quarts 75 minutes
 - Weighted-gauge: 10 lbs pressure, Pints 60 minutes, Quarts 75 minutes,
 - *Contains seafood? Process 100 minutes, adjust for altitude.*

Canning Soup Checklist (*adjust recipe to follow NCHFP guidelines if any are false*)

- ✓ Reputable, science based source?
- ✓ Any prohibited items (Dairy, pasta, rice, flour, non-rehydrated beans, non-pre-cooked meat, pureed)?
- ✓ Processing time less than 60 minutes for pints, 75 for quarts?
- ✓ Adjustment for altitude?
- ✓ Enough liquid? (½ jar of solids, ½ jar of liquids)
- ✓ Proper jar size? (pint or quart only)

