

Onion Soup

Source: Mark Bittman, "How to Cook Everything"

Note: vegetable broth may be substituted for meat broth.

- 3-4 lb Beef Bones
- Carrot, roughly chopped
- Onion, roughly chopped (leave on skin)
- 2 stalks Celery, roughly chopped
- 1-2 Bay leaves
- Water to cover
- 8 Onions, thinly sliced
- ½ cup Butter
- 1-2 tsp Dried Thyme
- Salt & Pepper

STOCK

Roast the bones until golden brown. This provides a nice flavor for your broth. Place the bones and vegetables together in the pot and cover with water. Bring just to a boil, reduce heat and simmer for 2-3 hours. Strain out the broth. If there is meat from the bones, you may add it into the soup. Refrigerate to remove solidified fat. Remove fat.

ONIONS

Melt butter in a large pan, then add sliced onions and cook, stirring occasionally, until the onions are very soft and slightly brown.

Soup

Add onions, meat (if any) and herbs to the strained beef broth. Season to taste with salt and pepper. Bring to a boil.

Fill jars - 50% solids and 50% broth. Leave 1" headspace. Process in a PRESSURE CANNER according to the charts below:

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	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	60* min	11 lb	12 lb	13 lb	14 lb
	Quarts	75*	11	12	13	14

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

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