

Pressure Canning Processing Steps

1. Use reputable recipe
2. Prep food & jars
3. Heat 2-3" canner water (*not boiling*)
Hot pack: 180°F, Raw pack: 140°F
4. Jars in canner
5. Lid on; Weight off; High heat
6. **Vent** 10 minutes
7. Weight on
8. Pressurize; Lower heat
9. Start timer
10. Process; Adjust heat to maintain pressure
11. Heat off; **Wait** until pressure drops to 0
12. Weight off
13. Cool 10 minutes **more**
14. Lid off; Jars out; Cool 12-24 hours
15. Clean, label and store sealed jars

Source: National Center for Home Food Preservation, <http://nchfp.uga.edu>



Canning Soup

No Reputable Canning Recipe?

Prep Food:

1. Select, wash, and prepare vegetables, meat and seafood.
2. Cover meat with water, cook until tender. Cool meat, remove bones.
3. Cook vegetables 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, heat to boil and 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.) Do not puree.
3. Boil 5 minutes. Salt to taste, if desired.

Process Soup:

1. Fill jars with half solid mixture and half soup liquid, leaving 1-inch headspace.
2. Place lids and rings on jars and process, adjust pressure for altitude.

*Soups in a **dial-gauge** pressure canner at altitudes of:*

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

*Soups in a **weighted-gauge** pressure canner 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

** Contains seafood? Process 100 minutes, adjust for altitude.*

