

Saving for Soup  
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This time of year, I make a lot of soups and stews. In addition to being comforting and filling, soups and stews can use up leftovers from previous dinners and help clear out my freezer and refrigerator. My theory for soups and stews is “waste not, want not”.

The primary foundation for soups and stews is a flavorful broth, either chicken, beef, or vegetable. Depending on your guests’ dietary preferences and available add-ins, choose the best fit for your recipe. Having pressure-canned broths on hand is a time-saver all of us can use.

Let’s start with the basics - what makes a good broth? Flavorful meats and vegetables. They can also be pressure-canned together. Be sure to make your broths individually to eliminate any cross-contamination.

Starting with the vegetable stock, to a large stock, add sturdy vegetables such as onions, celery, carrots and parsnips. Add water to cover by 3 inches and season with salt and pepper. Add 1 bay leaf. Simmer on low for 1-2 hours. Watch closely so the water doesn’t boil down too low. Now is the time to add in herbs such as parsley, thyme and garlic. Cook for an addition 45 minutes. Strain into large bowl and allow to cool.

Beef stock starts with beef bones - either cooked or raw. If using raw, you can bake them first and add them, along with any juices that are rendered. Onions, carrots, bay leaves and celery round out the broth. Salt and pepper to taste and then cover with water. Cover the pot and simmer for several hours. Strain into a bowl, set aside to cool. When cold, skim the fat and discard.

Chicken broth starts out the same: chicken bones, cooked or uncooked (use up your turkey/chicken carcasses). A great head start is the carcass from a store-bought rotisserie chicken. I store the carcasses in my freezer until I’m ready to make a large amount of broth. You can add bits of the skin and fat to enhance the flavor. Add in the traditional ingredients - celery, onion, parsley, bay leaves, salt and pepper. Cover with water and simmer on low for 3 hours. Strain into a bowl and chill. Once chilled skim the fat and discard.

All broths should be pressure canned according to guidelines on the National Center for Home Food Preservation [https://nchfp.uga.edu/how/can\\_05/stock\\_broth.html](https://nchfp.uga.edu/how/can_05/stock_broth.html).

When processing remember to adjust time for altitude, use clean jars that you’ve checked for any nicks or breaks and use new lids. Store in a cool/dark place until ready to use.

**TIPS:**

- You can cook your broths in crock pots - set it and go.
- Freeze any leftover pieces of vegetables, peels or ends and use up when ready to make broth.

- Freeze leftover chicken bones, beef bones and small pieces of meat. They add great flavor.
- Do not over-salt any of your broths. It is better to lightly salt in order to control the level wanted in your recipes.
- When you open your broth, give it the smell test! If it doesn't smell right...throw it out!

The UC Master Food Preservers of El Dorado County can check your pressure canner gauge for accuracy every year, free of charge.

Soup recipes that use canned broth:

### **Garden Fresh Vegetable Soup**

1-1/2 quarts Vegetable Broth  
1 peeled/chopped potato  
1 peeled/chopped carrot  
1 stalk celery, chopped  
1 zucchini, chopped  
1 cup chopped onion  
1-1/2 cups chopped fresh tomatoes or canned chopped tomatoes  
1/2 cup chopped okra, if desired  
1/3 cup Nutritional (Brewers) yeast if desired.  
Salt and Pepper

Cook the potatoes, carrots and okra, if using, in broth for 10 minutes. Add the rest of the vegetables, salt and pepper and cook an additional 15 minutes. Sprinkle with Nutritional Yeast and serve with crusty bread.

### **Chicken and Rice Soup**

1 quart chicken broth  
1 chicken breast, cooked and cut into cubes  
1/2 cup chopped onion  
1/4 cup chopped celery  
1/4 cup finely chopped onion  
1 bay leaf  
1 clove garlic minced  
3 Tablespoons chopped parsley  
Olive oil  
3/4 cup rice (can use leftover cooked rice if you have on hand)  
Salt/pepper to taste

Begin heating the broth in large stock pot. In small skillet, heat the oil and add the onion and garlic. Cook for 4 minutes until softened. Add to the broth. Add the rest of the ingredients and cook for 30 minutes. Serve with a side salad and bread for a warm and hearty meal.

### **Beef and Barley Soup**

1 pound chuck roast cut into 3/4 inch cubes  
1 cup chopped celery  
3/4 chopped onion  
1 cup chopped carrot  
2 cloves garlic, finely chopped  
1T Worcestershire Sauce  
1T Tomato paste  
4-5 cups beef broth  
1/2 cup pearl barley  
Olive Oil  
Salt and Pepper  
1T chopped fresh rosemary or 1t cropped rosemary  
Parsley

Heat olive oil in stock pot over medium heat. When hot, add in the chopped meat, being careful not to overcrowd. Season with salt and pepper. Cook in batches and set aside.

In same pot add more oil and add celery, carrot and garlic. Cook until soft and add beef, Worcestershire sauce, tomato paste. Stir until well-combined, add the beef broth and bring to a boil and lower to a simmer. Cover pot and simmer for 30 minutes. Add additional broth if needed, and add barley and rosemary. Adjust salt and pepper to your liking. Cook additional 45 minutes for the barley to soften. When ready to serve sprinkle with fresh chopped parsley.

UCCE Master Food Preservers are available to answer home food preservation questions; leave a message at (530) 621-5506 or email us at [edmp@ucanr.edu](mailto:edmp@ucanr.edu). For more information about our program and events, visit our website at <http://ucanr.edu/edmp>. Sign up to receive our eNewsletter at <http://ucanr.edu/mfpcsenews>. Find us on Facebook, too (UCCE Master Food Preservers of El Dorado County)!