Pressure Canning
Chicken Soup

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Chicken Soup is easy to can!

• It’s a low acid food so it must be pressure canned.
• It’s healthy!
• It’s easy!
• It’s tasty!
• It makes a quick meal.
• When it's canned it doesn’t take up precious real estate in the freezer!
What will I need?

Tools:
• Jars
• Lids
• Rings
• Knife
• Jar Lifter
• Lid Lifter (optional)
• Headspace tool
• Canning Funnel (optional)
What will I need?

Ingredients:
• Chicken Stock (16 cups)
• Cooked Chicken, Diced (3 cups)
• Celery, Diced (1 ½ cups)
• Carrots, Sliced (1 ½ cups)
• Onion, Diced (1 cup)
• Salt and pepper to taste
• Chicken bullion cubes (optional)

The recipe and steps for canning are in your packet.
What do I do first?

- Use a reputable, tested recipe (it’s in your packet).
- Prep the work area (clean and sanitize) food and Jars.
- Use water filled jars to take up space if you don’t fill the canner.
What do I do next?

Make the soup!

- Combine all the ingredients in a large sauce pot (except the salt, pepper, and bullion).
- Bring to a boil.
- Reduce heat and simmer for 30 minutes.
- Now season with salt and pepper to taste, add bullion cubes if using.
Then...

Fill the jars

• Ladle the solids in half full.
• Fill with broth to 1 inch.
• Check the headspace (1”).
Next...

Close the jars

- Wipe the rims.
- Lids on.
- Apply bands (rings) – finger tight.
- Into the pot!
Jars in canner

• Keep jars vertical when moving (straight up-over-straight down into canner).

• Use extra jars filled with water to fill the canner.

• Lid on!
Can it!

Turn up the heat

- Heat the canner until there is a steady stream of steam from the vent.
- Vent for 10 minutes (don’t cheat! - go the full 10 minutes).

A full 10 minutes!!
Can it!

Pressurize

• Weight on.
• Bring the pressure up to your target – not too fast!
• Start timing

**AFTER**

you reach your target pressure.
DING!

Time is up!

- Timer off… (you’re almost there).
- Turn off the heat.
- Wait for the pressure to drop back to 0.
- Weight off.
- Cool for 10 more minutes.
- Lid off.
Jars Out!

Cool down…

• They’re hot and may continue to bubble for awhile!

• Cool jars, undisturbed for 12-24 hours.

• Remove the rings, check the seal, clean the jars.

• Label the jars.
Now you can do it!

• Jars can be stored for up to a year - after a year they’re safe, but the quality deteriorates.
• You have the recipe and the canning instructions in your packet.
• More soups from safe, tested recipes can be found at:

The National Center for Home Food Preservation
https://nchfp.uga.edu

Enjoy your canning, eat soup, be healthy… 😊