



University of California

Agriculture and Natural Resources

■ UCCE Master Food Preserver Program

UCCE Master Food Preserver Program of Capitol Corridor | *Serving Solano and Yolo Counties*

“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

Soups On! Pressure Can Your Soup Safely

Handout Authors from a Pressure Canning Class: Diane L. Metz and Pearl Eddy

Do’s for Home Canned Soup:

- You can use
 - Vegetables:
 - Dried beans or pea or canned cooked beans or peas
 - Meat, meat, poultry, or seafood’s
 - Process 100 minutes if soup contains seafood.



Don’ts for Home Canned Soup:

- **Do NOT use the following:**
 - No noodles or other pasta
 - No rice or other grains such as barley, quinoa, bulgur, etc.
 - No flour
 - No cream or milk of any kind
 - No thickening agents
 - If dried beans or peas are used, they must be fully rehydrated first according to the USDA Canning Soups directions found in Guide 4-page 18 of the USDA Complete Guide to Home Canning (2015 edition). See next page.

Soups from USDA Guide 4 pages 18-19 follow:

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SOUPS

Vegetable, dried bean or pea, meat, poultry, or seafood's

Caution: Do not add noodles or other pasta, rice, flour, cream, milk or other thickening agents to home canned soups. If dried beans or peas are used, they must be fully rehydrated first.

Procedure: Select, wash, and prepare vegetables, meat, and seafood's as described for the specific foods. Cover meat with water and cook until tender. Cool meat and remove bones. Cook vegetables. 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 all foods and combine with meat broth, tomatoes, or water to cover. Boil 5 minutes.

Caution: Do not thicken. Salt to taste, if desired. Other spices can be added except sage which turns bitter when canned.

Fill hot jars only halfway with mixture of solids. Add and cover with remaining liquid, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Use vinegar to wipe lids if fatty meat is used. Adjust lids and process according to the appropriate chart below:

Recommended process time for Soups in a dial-gauge pressure canner						
Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			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

***Caution: Process 100 minutes if soup contains seafoods.**

Recommended process time for Soups in a weighted-gauge pressure canner				
Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			0–1,000 ft	Above 1,000 ft
Hot	Pints	60* min	10 lb	15 lb
	Quarts	75*	10	15

***Caution: Process 100 minutes if soup contains seafoods.**