

Canning Soups and Sauces

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On busy days, when you don't have the energy or time to do anything but open jars for dinner, wouldn't it be wonderful if those jars were filled with a home-cooked soup, stew, or pasta sauce? Grab one of your family's favorites, from jars lined up in the pantry, add some bread and a salad, and a homemade dinner is served in minutes.

This publication includes guidelines for safe home canning of soups and several recipes that either conform to USDA safe canning guidelines or have been scientifically tested to ensure safety.

Pressure Canning is Necessary for Meats and Vegetables.

Soups containing vegetables and meat are low acid products. To ensure they are safe to eat, they must be processed in a pressure canner at the pressure and length of time required by each tested recipe.

For soups containing a mixture of vegetables and meat in broth, there are important (but simple) guidelines to follow to ensure a safe, quality product. For tomato-based soups and sauces, like chili and pasta sauce, only scientifically researched and tested recipes should be used.

Always use the processing time and pressure specified for each tested recipe.

Hint: when looking for canning recipes online always add the word "extension" to your search. Canning recipes published by a Cooperative Extension Service, anywhere in the US, are tested according to USDA requirements.

General Guidelines.

Vegetable and meat soups in a broth base may be safely canned using the general Canned Soup Guidelines included in this publication. Only can soups in quart-sized jars or smaller. Never can soup in half-gallon containers. Follow recipe guidelines for packing ingredients in the jars, avoid packing too solidly and always leave one inch of headspace. Thickened soups should not be canned. When meats are used, remove as much fat as possible so it does not interfere with the lids creating a tight seal.

Important Considerations.

These ingredients should never be included in homemade soups and sauces and should only be added just before serving:

Flour, cornstarch, or other thickening agents: these prevent the heat from penetrating to the center of the product.

Butter, milk, cream, cheese and other dairy products: these react with some bacteria in such a way as to make them harder to kill with heat.

Noodles, pasta, rice, grains, and dumplings of any kind: These products are high in starch and interfere with the heat processing.

Avoid canning pumpkin, winter squash, broccoli, or cauliflower soup. These can be too dense and contain ingredients that interfere with safe processing.

References. (References for specific recipes are included with each)

So Easy to Preserve, University of Georgia Cooperative Extension, 5th Edition, 2006. (Available for purchase through the UAF Cooperative Extension).

Making Soup Safely, Penn State Cooperative Extension, web document posted 10/22/12 (extension.psu.edu/food/preservation/news/2012/making-soup-safely).

Canned Soup Guidelines (adapted from *So Easy to Preserve*, page 98)

- 1) Choose your favorite soup ingredients (vegetables, meat or poultry).
- 2) Prepare each vegetable as you would for a hot pack in canning.
- 3) Cook meat or poultry with the fat removed.
- 4) If dried beans or peas are used, they *must* be fully rehydrated first.
- 5) Combine solid ingredients with enough hot water or broth to cover. Boil 5 minutes.
Caution: do not thicken or add milk, cream, flour, rice, noodles, or other pasta.
- 6) Add salt, herbs, and spices to taste.
- 7) Fill clean, hot jars halfway with solid mixture.
- 8) Continue filling jars with hot liquid, leaving 1 inch headspace.
- 9) Stir to remove air bubbles, wipe jar rims, adjust lids and process:
- 10) Dial-Gauge canner at 11 lbs or weighted-gauge canner at 10 lbs:
pints, 60 minutes; quarts 75 minutes.
- 11) Cooked seafood can also be added as part of the solid mixture, but the jars must be processed as follows: pints or quarts: 100 minutes.

Recipes Developed Using Canned Soups Guidelines

These recipes can be halved and multiplied as desired if general Canned Soup Guidelines are followed.

Classic Chicken Soup

Cooking spray or olive oil

1 lb boneless, skinless chicken breasts or thighs, cubed

1 t olive oil

1 small onion, chopped

1 clove garlic, minced

4 cups chicken, vegetable, or herb stock

1 celery stalk, chopped

1 carrot, diced

1/2 t salt

1/8 t pepper

2 cans chicken stock (if needed for extra liquid)

14 half-pint jars

- 1) Coat a soup pot with cooking spray or olive oil, place over med-high heat until hot.
- 2) Add chicken to pan. Sauté 3-5 minutes or until browned. Remove chicken from pan and set aside on paper towels.
- 3) Pour and wipe drippings from pan and add oil, onion, and garlic, sauté until tender. Stir in chicken, stock, and all remaining ingredients.
- 4) Bring to a boil and simmer 5 minutes.
- 5) Using a straining ladle or slotted spoon, fill clean, hot jars to 1/2 full with solid ingredients.
- 6) Using a solid ladle, add liquid to jars leaving a 1 inch headspace. Use extra chicken stock if needed.
- 7) Adjust lids and process:
Dial-Gauge canner at 11 lbs or weighted-gauge canner at 10 lbs;
Pints & 1/2 pints, 60 minutes; quarts 75 minutes

Reheating ideas... Open a jar, pour soup in a pot, then:

- Mexican: Add salsa, lime juice, beans and cilantro, then serve with tortilla chips.
- Hearty: Add potatoes (diced small), rice or noodles and boil until tender.
- Asian: Add some ginger, soy sauce and snow peas.
- Inside Passage: Put pilot bread in the bottom of a bowl, pour hot soup over and sprinkle with fresh or dried seaweed of choice.
- Tongass Rainforest: Add your favorite fresh spring greens (fireweed shoots, devils' club shoots, twisted stalk, nettle shoots, etc.) and boil until tender.

Recipe based on Vegetable Soups guidelines from So Easy to Preserve, page 98.

Venison Stew

Cooking spray or olive oil
1 lb lean venison, cubed
1 t olive oil
1 small onion, chopped
1 clove garlic, minced
1 celery stalk, chopped
1 carrot, diced
2 small/medium potatoes, cubed
1 1/2 to 2 cups water
1/2 t salt
1/8 t pepper
2 cans beef stock (if needed for extra liquid)
14 half-pint jars

When reheating (tip: write these directions on each jar): in a small bowl, stir flour into cold water then slowly add to warming soup. Bring to boil until thickened.

- 1) Coat a soup pot with cooking spray or olive oil, place over med-high heat until hot.
- 2) Add venison to pan. Sauté until browned. Remove from pan and set aside on paper towels.
- 3) Pour and wipe drippings from pan and add oil and all vegetables, sauté until just tender. Stir in venison, salt and pepper, then cover with water.
- 4) Bring to a boil and simmer 5 minutes.
- 5) Using a straining ladle or slotted spoon, fill clean, hot jars to 1/2 full with solid ingredients.
- 6) Using a solid ladle, add liquid to jars leaving a 1 inch headspace. Use extra beef stock if needed.
- 7) Adjust lids and process:
Dial-Gauge canner at 11 lbs or weighted-gauge canner at 10 lbs:
pints & 1/2 pints, 60 minutes; quarts 75 minutes

Using your family stew recipe:

- If your family has a favorite stew recipe you can adapt it for canning by following the directions above, but substituting your chosen vegetables, herbs, and spices. Just be certain not to add any thickening ingredients (like flour or cornstarch), dairy products, pasta or grains until the jars are opened for reheating and eating.

Recipe based on Vegetable Soups guidelines from So Easy to Preserve, page 98.

Manhattan chowder base

Oil
1 medium onion, chopped
8 medium potatoes, peeled and diced
1 (15 oz) can diced tomatoes
1/2 stalk celery, chopped
1/2 bay leaf
1/2 teaspoon thyme
2 quarts boiling water
Salt and pepper
14 half-pint jars

- 1) Cook onion in oil until just tender. Add potatoes, tomatoes, celery, bay leaf, thyme and water. Season with salt and pepper to taste.
- 2) Bring to a boil and simmer 5 minutes.
- 3) Using a straining ladle or slotted spoon, fill clean, hot jars to 1/2 full with solid ingredients.
- 4) Using a solid ladle, add liquid to jars leaving a 1 inch headspace.
- 5) Adjust lids and process: Dial-Gauge canner at 11 lbs or weighted-gauge canner at 10 lbs:
pints & 1/2 pints, 60 minutes; quarts 75 minutes

When reheating (label each jar with these directions): add cooked bacon and clams or other seafood, cleaned and chopped. Thicken as desired.

Note: recipe can be canned with seafood already included, but process times are increased to 100 minutes for pints and half-pints (dial-gauge at 11 lbs or weighted-gauge at 10 lbs). Do not can seafood in quarts.

USDA/Extension Tested Recipes

These recipes should only be halved or multiplied proportionately. Only the herbs and spices may be altered.

Molasses Beans

4 (15 oz) cans beans of your choice, reserve liquid
2-3 strips bacon (can substitute salt pork or ham)
1 1/2 T dark molasses
3 t vinegar
1 t salt
3/4 t dry mustard
14 half-pint jars

- 1) Drain liquid from beans into a 1 quart measuring cup, add water to bean liquid to make 4 cups.
- 2) Put beans into a pan and heat through.
- 3) In a sauce pan, mix reserved bean water, molasses, salt, and dry mustard. Heat to boiling.
 Meanwhile: Wash jars and lids with hot water and soap, place jars in sink or large pan of very hot water until needed.
- 4) Fill hot jars to 3/4 full with hot beans. Add 1 inch piece of bacon (or 3/4 in. cube of ham or salt pork), no more, to each jar.
- 5) Fill jars with heated sauce, leaving 1 inch headspace. Stir to remove air bubbles, adjust lids and process: Dial-Gauge canner at 11 lbs or weighted-gauge canner at 10 lbs: pints, 75 minutes; quarts 90 minutes

Recipe from So Easy to Preserve, pages 79-80.

Spaghetti Sauce with Meat

2 1/2 lbs ground meat (beef, sausage, venison, or turkey)
Olive oil
5 cloves garlic, minced
1 C onions, chopped
1 C green bell pepper and/or celery, chopped
1 lb fresh mushrooms, sliced
7 (28 oz) cans crushed tomatoes, drain through a sieve if very watery
2 tablespoons dried oregano
4 tablespoons minced fresh parsley
2 teaspoons black pepper
4 1/2 teaspoons salt
1/2 C brown sugar
14 half-pint jars

- 1) Brown meat in oil in a large sauce pan or Dutch oven over med-high heat until.
- 2) Add garlic, onion, celery (and/or green pepper), and mushrooms to pan and cook until tender.
- 3) Add drained, crushed tomatoes and all remaining ingredients. Bring to a boil and simmer uncovered, stirring frequently, until volume reduced by approximately one half.
 Meanwhile: Wash jars and lids with hot water and soap, place jars in sink or large pan of very hot water until needed.
- 4) Fill hot jars with sauce, leaving a 1 inch headspace.
- 5) Wipe jar rims, adjust lids and process: Dial-Gauge canner at 11 lbs or weighted-gauge canner at 10 lbs: pints, 60 min.; quarts 70 min
- 6) To serve: Heat in a sauce pan and use as you would any pasta sauce.

NOTE: If you eliminate meat from the sauce, process pints for 20 minutes and quarts for 25 minutes.

Recipe from So Easy to Preserve, pages 63-64.

Chili con Carne

2 quarts crushed or whole tomatoes
3 cups dried pinto or red kidney beans or 4 (15 oz) cans (drained)
3 lb ground beef or venison
1-1/2 cups chopped onions
5 teaspoons salt, divided
3-6 tablespoons chili powder
1 teaspoon black pepper
1 cup chopped peppers of your choice (optional)
14 half-pint jars

If using dry beans start here:

- 1) Wash beans thoroughly and place them in a 2 quart saucepan. Add cold water to a level of 2-3 inches above the beans and soak 12-18 hours.
- 2) Drain and discard water. Combine beans with 5 1/2 cups of fresh water and 2 teaspoons salt.
- 3) Bring to a boil. Reduce heat and simmer 30 minutes. Drain and discard water

If using canned beans start here:

- 4) In a Dutch oven or soup pot, brown meat, onions, and peppers.
 - 5) Drain fat off of meat mixture, add 3 teaspoons salt, pepper, chili powder, tomatoes and beans. Simmer for 5 minutes. Do not thicken.
 - 6) Fill clean, hot jars to 1 inch headspace.
 - 7) Adjust lids and process:
Dial-Gauge 11 lbs or weighted-gauge 10 lbs: Pints or quarts for 75 min.
 - 8) To serve: Put soup in pot, reheat to boiling and serve with tortillas and chili condiments (chopped onions, jalapenos, grated cheese, sour cream, avocados, etc.)
- NOTE: Spices can be changed according to taste.

Recipe by William Schafer, University of Minnesota Cooperative Extension

USDA/Extension Tested Stock Recipes

These recipes can be halved and multiplied as desired if general directions are followed.

Chicken Stock

One carcass of a roast chicken, almost all of the meat removed

Drippings from the roast chicken pan, cooled, fat removed and discarded

- 1) Place carcass and drippings in a large stock pot, add enough water to cover.
- 2) Cover pot and simmer until meat can easily be stripped from the bones, 30-45 minutes.
- 3) Remove bones from stock, set aside to cool.
- 4) Cool stock in refrigerator until fat solidifies at top and can be skimmed off.
- 5) Remove any meat remaining on the bones and add it to the stock. Do not add any additional meat to stock.
- 6) Reheat broth to boiling.
- 7) Fill clean, hot jars, leave 1 inch headspace.
- 8) Wipe jar rims, adjust lids, and process:
Dial-Gauge canner at 11 lbs or weighted-gauge canner at 10 lbs; pints, 20 minutes; quarts 25 minutes.
- 9) Season as preferred when using it for cooking.

Recipe from So Easy to Preserve, page 97.

Beef/Venison Stock (recipe can be multiplied)

Fresh, trimmed, cracked beef bones (most of the meat removed)

- 1) Rinse bones and place in a large stock pot, add enough water to cover.
- 2) Cover pot and simmer 3-4 hours.
- 3) Remove bones from stock, set aside to cool.
- 4) Cool stock in refrigerator until fat solidifies at top and can be skimmed off.
- 5) Remove any meat remaining on the bones and add it to the stock. Do not add any additional meat to stock.
- 6) Reheat broth to boiling.
- 7) Fill hot jars, leave 1 inch headspace.
- 8) Wipe jar rims, adjust lids, and process:
Dial-Gauge canner at 11 lbs or weighted-gauge canner at 10 lbs; pints, 20 minutes; quarts 25 minutes.
- 9) Season as preferred when using it for cooking.

Recipe from So Easy to Preserve, page 97.