

Preparing Soups for Canning¹

United States Department of Agriculture, Extension Service²

Vegetable, dried bean or pea, meat, poultry, or seafood soups can be canned.

Procedure: Select, wash, and prepare vegetables, meat and seafoods 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 and combine with meat broth, tomatoes, or water to cover. Boil 5 minutes.

Caution: Do not thicken. Salt to taste, if desired. Fill jars halfway with solid mixture. Add remaining liquid, leaving 1-inch headspace.

Adjust lids and process following the recommendations in Table 1 or Table 2 according to the method of canning used.

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Table 1.

Table 1. Recommended process time for Soups in a dial-gauge pressure canner.						
			Canner Pressure (PSI) at Altitudes			
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
*Caution: Process 100 minutes if soup contains seafoods.						
*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.						

Table 2.

Table 2. Recommended process time for Soups in a weighted-gauge pressure canner				
			Canner Pressure (PSI) 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
*Caution: Process 100 minutes if soup contains seafoods.				
*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.				