UW Extension

CANNING SOUP

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Tips for Canning Soup

- Soups and stews must be processed in a pressure canner. Soups contain low-acid ingredients and cannot be safely canned in a boiling water or an atmospheric steam canner. Follow the pressure canning recommendations for making soup.

- It's best practice to select mason canning jar sizes recommended in the research-based recipe. Never can soup in half-gallon jars. To process the recipe in a jar smaller than a quart but larger than a pint canning jar, follow the processing time given for quarts. If the jar is smaller than a pint, follow the processing time given for pints.

- According to the United States Department of Agriculture (USDA) and National Center for Home Food Preservation directions, each vegetable should be selected, washed, prepared, and cooked as you would for canning a 'hot pack.' **If there is no separate canning recommendation for a vegetable (such as cabbage), do not include it.**

- Do not can pumpkin, winter squash, broccoli, or cauliflower soup. These pack together and contain ingredients that interfere with safe processing. Currently, there are no scientific research-tested recipes for home canning these soups.

- It is not safe to create your own recipe for home canning. It is safe to freeze vegetable and meat soups that contain pasta, rice, or noodles. However, starch in these products may become soft during freezer storage.

- Do not thicken the soup with high starch products, such as flour, barley, rice, dumplings, or pasta, because the thickness of the soup can affect the heat penetration during processing and interfere with a safe process to destroy the bacterial spores that cause botulism. Wait until you are ready to prepare the soup for serving and then add the flour, cornstarch, or other thickening agent.

- Butter, milk, cream, cheese, and other dairy products are low-acid foods that should never be included in home-canned soups before processing. Add these ingredients to the soup just before serving.

- If dried beans or peas are used in home-canned soup, they must be fully rehydrated first. For each cup of dried beans or peas, add 3 cups of water, boil for 2 minutes, remove from heat, soak for 1 hour, heat to boiling, and drain.

- When filling jars to make canned soup, fill the jars only halfway with the solids. Add the liquid ingredients and leave one inch of headspace, then process as directed. When canning at high altitudes, you must increase the pressure in the canner to ensure safe food preservation. Check canning guidelines or altitude charts to determine the correct pressure setting for your specific elevation.

- Make your own chicken, turkey, or beef stock. This involves the simmering process of the bones with water, with the time dependent on the type of meat, followed by pressure canning. The broth can be combined with other ingredients for delectable stews, chili, and soup.

- Tomatoes are an exception. Tomatoes can be canned in a boiling water canner when properly acidified with citric acid, bottled lemon juice, or 5% acidity vinegar. After opening the jars, the resulting tomatoes can be used to make tomato soup with added thickeners, milk, cream, and other ingredients.

Disclaimer

The University of Wyoming Extension follows the guidance from the U.S. Department of Agriculture's "Complete Guide to Home Canning" and information from the National Center for Home Food Preservation when canning. The University of Wyoming Extension recommends using research-based recipes when preserving food at home. The recipe has been research-tested and provided by the National Center for Home Food Preservation. Do not modify ingredients.

Some commercially prepared soups cannot be reproduced safely by the home canner. The USDA procedure is not an exact recipe; it allows you to have some choice of vegetables, dried beans or peas, meat, poultry, or seafood. Unfortunately, we cannot make the same thick commercially canned soup with noodles and rice you buy at the store. To make a safe product, soups and other foods must be processed for the correct amount of time at the recommended pressure.

Soup Canning Procedure

Vegetable, dried bean or pea, meat, poultry, or seafood soups can be canned. These directions are intended for use with ingredients that have separate canning recommendations for those foods.

Select, wash, and prepare vegetables, meats, and seafoods as described for the specific foods in their canning instructions. Cover meat with water or broth and cook until tender. Cool meat and remove bones. Cook vegetables as described for a hot pack. For each cup of dried beans or peas, add 3 cups of water, boil for 2 minutes, remove from heat, soak for 1 hour, and heat to boil; drain.

Drain vegetables, beans, peas, and meats; combine with meat broth, tomatoes, or water to cover. Boil for 5 minutes.

Salt to taste, if desired. Fill jars halfway with the solid ingredient mixture. Add remaining liquid, leaving 1-inch headspace.

Secure lids and process in a pressure canner following the recommendations in Table 1 or Table 2 according to your elevation, pressure canner type, and jar size.

Table 1. Recommended process time for soups in a **dial-gauge** pressure canner.

			Canner Pressure (PSI) at Elevations			
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 lbs	12 lbs	13 lbs	14 lbs
	Quarts	75* min	11 lbs	12 lbs	13 lbs	14 lbs
* Caution: Process 100 minutes if soup contains seafoods.						

Table 2. Recommended process time for soups in a **weighted-gauge** pressure canner.

			Canner Pressure (PSI) at Elevations of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	60* min	10 lbs	15 lbs
	Quarts	75* min	10 lbs	15 lbs
* Caution: Process 100 minutes if soup contains seafoods.				

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