

## CANNING SOUPS

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

**Caution:** Do not add noodles or other pasta, rice, flour, cream, milk or other thickeners 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 poultry 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 boiling; drain. Combine solid ingredients with broth, tomatoes, or water to cover. Boil 5 minutes.

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.

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

			Pounds of Canner Pressure at Altitudes Shown			
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** min	11 lb	12 lb	13 lb	14 lb

\* Caution: If soup contains seafood, can only in pint or half pint jars. Process 100 minutes.

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

			Pounds of Canner Pressure	
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** min	10 lb	15 lb

\* Caution: If soup contains seafood, can only in pint or half-pint jars. Process 100 minutes

\*\* Do not can seafood in quart jars.

*This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA. Revised 1994.*

## Clam Chowder Base

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*Yield: about 20 half-pints or 10 pints*

½ pound diced salt pork (optional)  
1 cup chopped onion (about  
1 medium)  
3 to 4 quarts cleaned, chopped  
clams with juice

2 quarts diced and peeled  
potatoes (about 8 medium)  
2 quarts boiling water  
Salt and pepper

Cook salt pork until light brown in a large saucepot. (Bacon could be added before serving instead of using salt pork.) Drain off excess fat. Add onion and cook until onion is tender but not brown. Add clams with juice, potatoes, and water. Boil 10 minutes. Season to taste. Process in half-pints or pints (not quarts). Ladle hot chowder base into hot jars, leaving 1-inch headspace. Adjust two-piece caps. Process half-pints and pints 100 minutes in a steam-pressure canner (10 pounds with a weighted gauge; 11 pounds with a dial gauge).

***To Serve:*** For New England Chowder, add 2 tablespoons butter and 2 cups milk to each pint of clam chowder base before heating for serving. Reduce butter and milk by half for each half-pint of Clam Chowder Base.

**NOTE:** Do NOT add butter and milk before canning.

***Recipe Variation:*** For Manhattan Chowder, add the following ingredients, removing bay leaf before canning:

2 cups cooked tomatoes  
½ cup chopped celery  
(about ½ stalk)

½ bay leaf  
½ teaspoon thyme

Source: Family Food Education Program