



Food
Preservation
for Youth

Method 6: Pressure Canning (Adv.)

Can My Tomato Veggie Soup

Ingredients:

for about 9 pint jars

- 6 cups tomatoes (~5 pounds)
- 1 cup chopped onion (~1/2 medium-sized)
- 2 cups sliced carrots (~one lb. or 8 medium-sized)
- 2 cups chopped celery (~1/2 bunch or 4 stalks)
- 2 cups corn (~3 fresh cobs, 16 oz. canned, or 2/3 lb. frozen)
- 2 cups chopped bell pepper (~1 extra large, any color)
- 5 cups tomato juice (40 ounces)
- 3 cups water
- 1 teaspoon salt
- 1 teaspoon pepper
- Ingredients from 'Want to Experiment?' (optional)

Equipment:

- | | |
|---|---|
| <input type="checkbox"/> Gas or electric stovetop range with four burners | |
| <input type="checkbox"/> Pressure canner with rack | |
| <input type="checkbox"/> Permanent marker | <input type="checkbox"/> Pint canning jars |
| <input type="checkbox"/> Large stockpot | <input type="checkbox"/> Ring bands |
| <input type="checkbox"/> Large colander | <input type="checkbox"/> Metal canning lids |
| <input type="checkbox"/> 2 large mixing bowls | <input type="checkbox"/> Jar lifter |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Jar funnel |
| <input type="checkbox"/> Paring knife | <input type="checkbox"/> Bubble freer/spatula |
| <input type="checkbox"/> Peeler | <input type="checkbox"/> Headspace tool |
| <input type="checkbox"/> Large chef's knife | |
| <input type="checkbox"/> Can opener (only if using non pop-top canned corn) | |
| <input type="checkbox"/> Slotted spoon | |
| <input type="checkbox"/> Wet and dry measuring cups | <input type="checkbox"/> Ice (optional) |
| <input type="checkbox"/> Measuring spoons | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> Stirring spoon | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Ladle | <input type="checkbox"/> Timer |
| <input type="checkbox"/> Spoon | <input type="checkbox"/> Towel or cake- |
| <input type="checkbox"/> Oven mitts (recommended) | cooling rack |

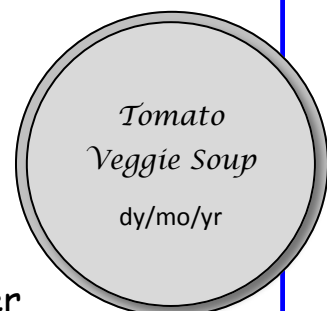
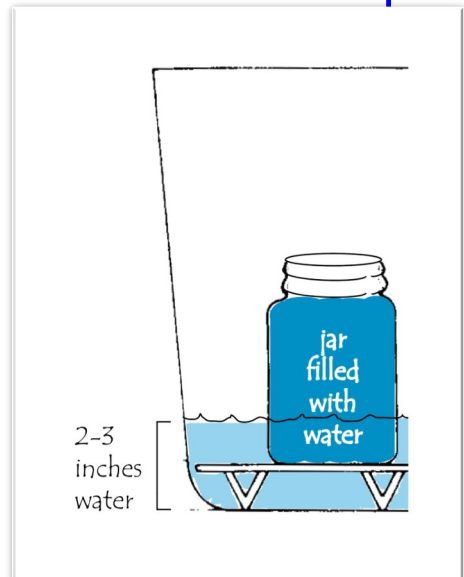


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- ___ Wash hands for 20 seconds and dry well.
- ___ Assemble equipment and ingredients.
- ★ Place the rack into the canner and fill with 2-3 inches of water. Turn burner on medium-high to bring and keep water to 180°F (just under a boil).
- ___ Examine ring bands and jars for flaws. Discard any with rust, dents, cracks or chips.
- ★ Wash and rinse jars, and then either fill jars with hot water and place upright in the canner or cover jars with hot water in a drain-plugged sink.
- ___ Use a permanent marker to label lids.
- ___ Prepare lids as instructed by manufacturer.
- ★ Fill a large stockpot about $\frac{1}{4}$ full with water, cover with lid, and turn burner on high. Prepare vegetables while water comes to a boil.
- ___ Fill a large mixing bowl with ice if you have it, then add cold water.



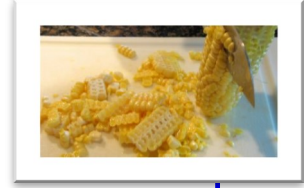
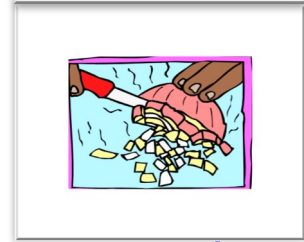
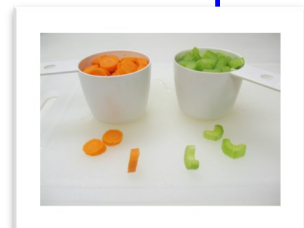
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Can My Tomato Veggie Soup



- ★ Use colander to rinse tomatoes. Use a paring knife to cut a small "x" in the non-stem tip of each tomato.
- ★ Rinse, peel, and slice carrots into $\frac{1}{4}$ -inch rounds.
- ★ Rinse and cut celery into $\frac{1}{4}$ -inch slices.
- ★ Peel papery skins off the onion, then dice.
- ★ Very carefully slice corn off the cob or open can of corn and drain liquid.
- ★ Once water boils place 2-3 tomatoes at a time in the water for 30-60 seconds, until the skins split. Immediately remove tomatoes with a slotted spoon and place in the cold water bath. Add cold water or ice to keep it cool, if needed.
- ___ Peel off tomato skins and place peeled tomatoes on a cutting board.
- ★ Turn heat off and empty water into a sink. Be careful — water is extremely hot!
- ★ Cut stems and firm cores out of tomatoes, then chop tomatoes into small chunks. Measure 6 c. of tomatoes into the emptied stockpot.
- ★ Measure and add all other vegetables (1 c. onion, 2 c. carrots, 2 c. celery, 2 c. corn, 2 c. pepper) to stockpot, then measure and add 5 c. tomato juice, 3 c. water, 1 tsp. salt, and 1 tsp. pepper.
- ★ Stir over high heat until boiling, then reduce heat to a simmer for 5 minutes. Turn off heat.



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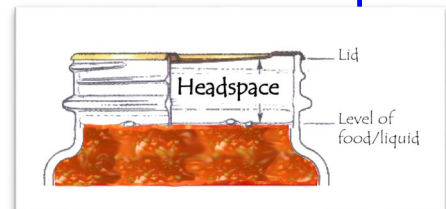


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- ★ Slowly remove jars from hot water using a jar lifter and empty water in a sink (not in canner). Place jars upright on a towel or a rack.
- ★ Rest a funnel in a jar and use a slotted spoon to fill the jar halfway with vegetables. Repeat to fill each jar halfway.
- ★ Using a ladle, fill each jar with the hot liquid, leaving 1-inch headspace.
- Remove air bubbles by moving bubble freer or spatula gently in and out around the inside edge of each jar.
- Carefully measure again to check the 1-inch headspace, using a spoon to remove or add small amounts as needed.
- Wipe jar rims with a clean, damp paper towel to remove food from sealing area.
- Apply lids. Turn bands onto jars until fingertip tight.
- ★ Use a thermometer to check the temperature of the water in the canner. Wait a few minutes or adjust burner if needed to reach 180°F.

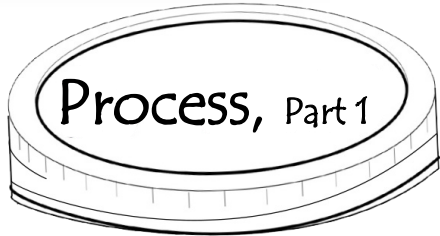


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- ★ Lift jars onto the rack in the canner, keeping upright. Water level will rise, but should not cover over tops of jars. Remove water if needed.
 - ★ Place lid on the canner and close tightly. Turn burner up to full heat. Look for steam to form a funnel as it comes out of the vent port, then set timer for 10 minutes.
 - ★ Determine how many pounds of pressure are needed at your altitude (see table below). After steam funnels out for 10 minutes, place weight (s) or close the vent port.
- Wait until you see and hear the weight steadily jiggling or the dial indicates the recommended pressure, then set timer for 60 minutes.



Altitude Adjustments and Processing Times
for Tomato Veggie Soup in Pint Jars:

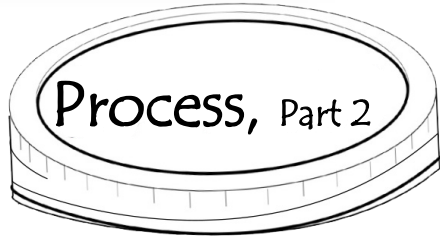
	Altitude (in feet)	Pressure (in pounds)
Weighted Gauge	0-1,000	10
	above 1,000	15
Dial Gauge	0-2,000	11
	2,001-4,000	12
	4,001-6,000	13
	above 6,000	14

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- ★ When timer sounds, turn off heat. Wait until canner pressure returns to 0 pounds by looking for the vent lock to drop (or setting a timer for 45 minutes if the canner gives no indication). Then, remove weight or open the vent port and wait another 10 minutes for settling.
- ★ Remove lid, lifting its underside away from you to direct the steam away from your face. Remove jars with jar lifter, keeping upright. Place them on a towel or rack at least 1 inch apart so that they can cool evenly.
- ___ Do not disturb for 12-24 hours.
- ___ When completely cooled, test for vacuum seals. If jars do not seal or are taken home before cooling completely, keep in a fridge and eat the soup within one week.
- ___ Remove ring bands from sealed jars and wipe jars.
- ___ Store in a cool, dark, dry place.



Enjoy within one year for best quality. After opening, store in a fridge and eat within one week.



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