

HOMEMADE VEGETABLE SOUP

From Ball® Using the Pressure Canning Method



Homemade Vegetable Soup From Ball®



Take the best of your garden or the farmer's market to make this vegetable soup. Preserve in your pressure canner.

YOU WILL NEED

- 8 c. chopped, peeled, cored tomatoes (about 4-lb. or 12 medium)
- 6 c. cubed and peeled potatoes (about 6 medium)
- 6 c. 3/4-inch sliced carrots (about 12 medium)
- 4 c. green lima beans (about 1-1/2-lb)
- 4 c. uncooked corn kernels (about 9 ears)
- 2 c. 1-inch sliced celery (about 4 stalks)
- 2 c. chopped onions (about 2 medium)
- 6 c. water
- Salt, optional
- Pepper, optional
- 7 Ball® (32-oz.) qt. or 14 (16-oz.) pint glass preserving jars with lids and bands

DIRECTIONS

- 1. PREPARE** pressure canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
- 2. COMBINE** all vegetables in a large saucepot. Add water. Bring to a boil. Reduce heat and simmer 5 minutes. Season with salt and pepper, if desired.
- 3. LADLE** hot soup into hot jars leaving 1 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight.
- 4. PROCESS** filled jars in a pressure canner at **10 pounds pressure 55 minutes for pints and 1 hour and 25 minutes for quarts**, adjusting for altitude. Turn off heat: cool canner to zero pressure. Let stand 5 more minutes before removing the lid. Cool jars in canner 10 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

**Makes About
7-Qts. (32-Oz.)**

**Serve With
Fresh Baked Bread**