

Pressure Canning CHICKEN SOUP

Recipe adapted from "Ball Complete Book of Home Preserving Used with permission ©2021 Chez LaRae

You must use a pressure canner for this recipe. You cannot use a boiling water canner or a pressure cooker. Please follow the canning instructions carefully and do not add additional ingredients or alter the recipe for safety reasons. Your creative flavor touches can be added after opening your jars upon serving.

Makes about 8 pint jars or 4 quart jars

- 16 cups chicken stock (store bought or homemade)
- 3 cups cooked chicken cut into small, uniform pieces
- 1 ½ cups diced celery
- 1 ½ cups diced carrots
- 1 cup diced onion
- 2 bay leaves
- 1 tablespoon dried basil
- Salt and white pepper to taste
- 3 chicken bouillon cubes (optional)

1. Prepare weighted gauge pressure canner, jars and lids according to manufacturer's instructions.
2. In a large stainless steel saucepan, combine chicken stock, chicken, celery, carrots, onions, bay leaves, and dried basil. Bring to a boil over medium heat. Reduce heat and boil gently for 30 minutes. Season with salt and pepper to taste. Add bouillon cubes if using. Remove bay leaves.
3. Ladle hot soup into hot jars, leave 1-inch headspace. Tamp the mixture down using an air bubble remover tool or wooden skewer and add additional broth if necessary to maintain the 1-inch of headspace. Wipe jar rims with a moistened towel and screw on lids to fingertip-tight.
4. Place jars in pressure canner. Adjust water level, lock lid and bring to boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 10 lbs of pressure. Process pint jars for 75 minutes, quart jars for 90 minutes. Carefully monitor your dial the entire time. If the reading dips below 10 pounds you must get your reading back up to 10 pounds and start your timer to zero again.
5. Turn off heat. Let pressure return to zero naturally. Wait 2 minutes longer, then open vent. Remove canner lid. Wait 10 minutes, then remove jars onto a towel placed on your counter. Allow jars to cool completely undisturbed.
6. After 24 hours, check lids for seal. Remove screw bands and check seals. Wash jars with warm, soapy water. Apply CanningCrafts' canning labels and date.
7. To serve, heat soup with your favorite add-ins (cooked rice, cooked pasta, dumplings, orzo, etc.) for a heartier meal.

NOTE: Jars are shelf-stable for up to one year. Jars that have not sealed should be refrigerated immediately and contents eaten within a week.

