

Minestrone Soup Three Ways

Pressure Canning

Makes 7 quarts (Follows USDA instruction for canning Your Own soup recipe)

Basic Recipe:

3 tbsp olive oil

2 medium onions, chopped

4 carrots, peeled and chopped

4 ribs celery, chopped

1 cup tomato sauce

4 cups chopped seasonal vegetables (potatoes, butternut squash, green beans, etc.)

5-6 cloves garlic, minced

1 tsp dried oregano

1 tsp dried thyme

2 large cans (28 oz) petite cut tomatoes

2 quarts vegetable broth

4 cups water

2 cans (15 oz each) or 3 cups cooked cannellini or Great Northern beans

¼-½ tsp red pepper flakes

4 bay leaves

2 tsp salt

¼ tsp pepper

Juice from one lemon

[Note: See additional information for serving below the processing charts.]

To prepare for processing:

Heat oil in a large soup pot and add onions, carrots, celery, tomato sauce, and a pinch of salt. Stir often and cook until veggies are soft and onions are translucent. Add seasonal veggies, garlic and thyme and oregano. Cook and steam for about 5 minutes, adding one cup of the water if necessary to prevent scorching.

Add the tomatoes, broth, beans, red pepper flakes, bay leaves, salt, pepper, and remaining water. Cover pot and simmer for about 15 minutes until vegetables are done.

Divide soup into 7 quart jars ensuring that each jar contains no more than about 2 cups of solids along with the broth. Leave 1 inch head space. Release air bubbles, wipe rims, and affix lids and rings. Follow the USDA table below for processing times and pressure.

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

			Canner Pressure (PSI) at Altitudes			
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*	11	12	13	14

* 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 Altitudes of	
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*	10	15
* Caution: Process 100 minutes if soup contains seafoods.				

To serve:

½ cup pasta of choice

½ cup baby spinach, chopped (if desired)

Bring soup from the jar to a simmer and add pasta. Cook until pasta is al dente. Add more water if necessary. Just before serving add the fresh spinach and stir until wilted. Garnish with Parmesan cheese if desired.

Freeze Drying

Will fill 8 trays for the medium Harvest Right freeze dryer—enough for two full batches.

Instructions:

Follow the basic recipe above with the following additions

- Add an extra cup of beans and 2 cups pasta of choice when adding the tomatoes and simmer the whole soup mix until pasta reaches the al dente stage and vegetables are done.
- Optional: Add 4 cups chopped fresh baby spinach and stir until wilted

Using a slotted spoon, ladle out the solids and divide evenly among the 8 trays. Divide remaining liquid evenly among the trays. We prefer to pre-freeze liquids like soup overnight prior to freeze drying. The next day, load trays into the freeze dryer and process as usual. When done, each tray will make about a quart of soup. We package one tray per mylar bag with an oxygen absorber to serve two. To rehydrate, add 1½ cups of water and simmer, adding more water if necessary. Or you could add boiling water directly to the mylar bag and allow to sit until all ingredients are rehydrated.

Freezing

Follow instructions above for the freeze drying recipe including adding the spinach if desired. Allow soup to cool to room temperature. Place desired portions of the soup into a freezer-safe bag and seal. Stack bags flat on a baking sheet and freeze for 24 hours. Store in the freezer standing upright in a bin to save space. Will easily last two years.