# Making and Preserving Cream Soups

Learning Outcomes:

1. Prepare cream soups for freezing and/or freeze drying.
2. Adjust cream soup recipes for pressure canning.
3. Pressure can cream soups.
4. Complete the recipe for serving after opening the jar.

How to have shelf stable cream soups for your food storage

* Purchase commercially canned soups or dried soup mixes.
* Make your own dry mixes
  + RRH videos:
    - *Making and Using Vegetable Powders* <https://youtu.be/YBqRYeS2uyo>
    - *Instant Soups with Powdered Veggies* <https://youtu.be/4lwH15yj_ng>
    - Additional dry mix cream soup recipes are in our book, *Dry Mix Meals in Jars* available in our bookstore <https://payhip.com/roseredhomestead>
* Make the soup according to the recipe then freeze or freeze dry
  + Links to the recipes we will use today. Please download and print copies before class starts.
    - Cream of Chicken Soup <https://www.foodnetwork.com/recipes/food-network-kitchen/cream-of-chicken-soup-recipe-2011701>
    - Chef John’s Creamy Mushroom Soup <https://www.allrecipes.com/recipe/235589/chef-johns-creamy-mushroom-soup/>
* Adjust the recipe for pressure canning
  + Follow USDA guidelines for making homemade soup recipes <https://nchfp.uga.edu/how/can_04/soups.html>
  + More clarification of the USDA guidelines from one of my trusted sources <https://www.healthycanning.com/usdas-your-choice-soup-recipe>
  + Steps for adjusting and making recipes
    - Highlight ingredients or steps that are not safe for pressure canning.
    - Decide how you will work around those items—substitute or add or adjust after opening jars for serving.
    - Make the soup
    - Proceed with canning
    - For serving, open jar and make adjustments.