

# Boiling Water Canning Steps

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1. Use reputable recipe
2. Prep food & jars  
*Sterilize if <10 minutes processing*
3. Heat canner water (*not boiling*)  
*Hot pack: 180°F, Raw pack: 140°F*
4. Jars in canner  
*1-2" water over top of jars*
5. Lid on; high heat
6. Vigorous boil? Start timing  
*Adjust for altitude;*
7. Adjust heat; gentle boil
8. Ding! Timer off; heat off; lid off
9. Wait  $\leq 5$  minutes
10. Jars out



# Atmospheric Steam Canning Steps

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1. Use reputable recipe
2. Prep food & jars  
*Sterilize if <10 minutes processing*
3. Heat canner water (*not boiling*)  
*Hot pack: 180°F, Raw pack: 140°F*
4. Jars in canner
5. Lid on; high heat
6. Steady column of steam? Start timing  
*Green zone on temp gauge*  
*Adjust for altitude; Max 45 minutes*
7. Adjust heat; gentle boil, steady stream
8. Ding! Timer off; heat off
9. Wait ≤ 3 minutes
10. Lid off; jars out



# Pressure Canning Processing Steps

1. Prep food & jars
2. Heat 2-3" canner water (*not boiling*)  
*Hot pack: 180°F, Raw pack: 140°F*
3. Jars in canner
4. Lid on; weight off; high heat
5. Vent 10 minutes
6. Weight on
7. Pressurize; lower heat
8. Process; adjust heat as needed
9. Heat off; drop to 0
10. Weight off
11. Cool 10 minutes
12. Lid off
13. Jars out; cool 12-24 hours



# Canning Soup

## No Reputable Canning Recipe?

### Prep Food:

1. Select, wash, and prepare vegetables, meat and seafood per chart.
2. Cover meat with water, cook until tender. Cool meat, remove bones.
3. Cook vegetables as described for a hot pack.
4. For each cup of dried beans or peas, add 3 cups of water, boil 2 minutes, remove from heat, soak 1 hour, heat to boil and drain.

### Heat Soup:

1. Combine solid ingredients with meat broth, tomatoes, or water to cover.
2. Do not add thickening agents to home canned soups before canning (noodles or other pasta, rice, flour, cream, milk, etc.) Do not puree.
3. Boil 5 minutes. Salt to taste, if desired.

### Process Soup:

1. Fill jars with half solid mixture and half soup liquid, leaving 1" headspace.
2. Place lids and rings on jars and process, adjusting for altitude.

<i>Soups in a <b>dial-gauge pressure canner</b> at altitudes of:</i>						
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

<i>Soups in a <b>weighted-gauge pressure canner</b> at altitudes of:</i>				
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

\* Contains seafood? Process 100 minutes, adjust for altitude.

