



# Vegetable Beef Soup

This makes a small batch – probably enough for supper tonight for 2 people. If you want to can or freeze the leftovers, double or triple the recipe. Just know – Vegetable Beef Soup is a ‘to taste’ recipe. You can add, omit or substitute any of the meat, vegetables or spices.

However, if you are going to can your homemade Vegetable Beef Soup, you will not be able to omit the salt. Salt is a requirement in many home canned items – especially if they are pressure canned.

If you are not sure about this part of canning, be sure to brush up on safe canning practices.

## Ingredients:

- 3 red Potatoes (cubed)
- 3 Carrots (peeled and sliced,)
- 1 can whole kernel Corn (drained)
- 1 can Green Beans (drained)
- 1 Sirloin Steak or Chuck Roast,cubed [Note: I use a Chuck Roast]
- 1 Onion (finely chopped)
- 1 can diced Tomatoes (undrained)
- Spices: I use Garlic Powder, Salt, Seasoned Pepper, Thyme and Tony Chachere’s, all to taste – about 1 heaping teaspoon each)

## Directions:

In a large stock pot, add all the ingredients and spices. Top with enough water to cover vegetables with at least 1” of water. Bring to a boil on high heat. Reduce heat and allow to simmer until vegetables are tender and flavors have blended well – approximately 1 to 2 hours. Occasionally, check to make sure there is enough liquid, adding water if necessary.



# How to Can Vegetable Beef Soup

Soup of this nature requires pressure canning. Keep your soup hot. Sterilize enough jars to accommodate the amount of soup you have (1 Pint Jar = 2 cups; 1 Quart = 4 cups). Ladle soup into hot jars to within 1" of the top. Remove air bubbles and adjust headspace, if necessary, with additional soup.

Wipe the rims clean and place flats and rings on top. Screw ring on until finger-tight. Process at 10 pounds of pressure: Pints for 55 minutes; Quarts for 85 minutes.

I have not gone into the actual pressure canning process here. If you do not know how to pressure can, **PLEASE** read how to do it, and be very careful. Pressure canning can be dangerous – from a pot full of broken jars to serious burns and worse.

If you aren't comfortable pressure canning, you can fill plastic containers with soup that has been cooled, top it securely, label it, and pop it in the freezer. Both ways still give you plenty of tasty soup for the winter!