

Bottled Vegetable Soup

Into each clean hot quart jar add - In this order:

1/3 c. chopped onion

1 T bullion (beef or chicken or vegetable)

1/8 tsp. pepper

1 T. parsley flakes

1 c. cubed potatoes (no need to peel if scrubbed well)

1 bay leaf

1/4 tsp. salt

1-2 minced garlic cloves

2 T pearly barley

1/3 c. chopped celery

1 c. peeled, cubed carrots



Chicken

Beef

Fill each quart with hot water - **Leave 1" headspace**

Clean off rims, put on canning lids & bands.

Process in pressure canner 20 minutes at lbs. indicated for your elevation. [Salt Lake is 4327 ft. = 13 lbs dial gauge or 15 lbs. weighted gauge]. Reduce pressure naturally, when pressure is back to "O" take off gauge or petcock and let sit for 2-3 min. before removing jars from cooker. Set on towel or cooking rack. Let cool for 12+ hours then remove bands wash jars, label and store.

Option: when serving add canned meat to match bullion (beef or chicken). Can also add cooked noodles.