

## **Beef Soup with Country Vegetables**

By Rose Robinson on Sunday, September 1, 2013 at 1:25pm

Ingredients:

6 lbs Stew meat browned- do not fully cook it (or meat of your choice)

2 lbs chopped carrots (1 cup per qt)

2 lbs potatoes peeled and cubed (1 cup per qt)

1 lb chopped celery (1/2 cup per qt)

1 lb or less chopped onion (1/4 cup per qt)

1 tsp per qt minced garlic (optional)

1/2 tsp per qt Worcestershire Sauce

1/2 tsp per qt Catsup

1/2 tsp per qt Beef Base if using hot water otherwise

6 qt of Beef Broth brought to a boil

Notes:

Chop all vegetables and put in bowls of water until ready to use. Drain them when ready to fill jars.

Meat is 1 inch cubed with as much fat trimmed as possible

Once broth is at a boil - Pack jars in this order-

Meat

Potatoes

Carrots

Celery

Onions

Spices

Hot Broth with 1 inch headspace

Process for meat used.

Stew meat 90 minutes at 10 lbs pressure

Roughly 13 quarts of soup