

South of the border chicken soup--shared by Amy Jo

3 boneless skinless chicken breast, cooked and shredded or cubed

One one half cups carrots sliced

2 cup celery chopped

6 cups tomatoes diced fresh or canned

4 to 6 jalapeno peppers, finely diced fresh or canned and optional.

2 cans kidney beans 15 ounces each

12 cups chicken broth

3 cups corn fresh or frozen

1 teaspoon ground cumin

1 tablespoon salt

3 cloves garlic minced

In large pot, bring all ingredients except cook chicken to a boil, cover and simmer for 5 minutes. Add cooked chicken and continue to simmer until chicken is hot.

Ladle hot soup into jars, leaving 1-inch headspace. Process quartz 90 minutes. 75 minutes at 10 psi adjusting for your altitude. Makes 7 quarts.