

WH6FQE

Canning Recipes

CATEGORY: Soups & Stews

Spicy Black Bean Soup

Makes 4 quarts.

1 lb. dried black beans
2 medium onions, one halved and one finely diced.
4 carrots, diced
3-4 cloves of garlic, minced
2 ½ quarts of chicken stock
2 cups of ham, diced
2 tsp ground cumin
3 tsp kosher salt
1 ½ tsp fresh ground black pepper
½ tsp cayenne pepper (optional)
1 hot pepper, seeded and diced (optional)
2 tsp. oregano

Thoroughly wash beans and dispose of any defective beans or stones. Soak beans overnight in about 3 inches of water.

Rinse and drain the beans then place in a pot along with about 3 inches of water on top of the beans and the two halves of onion and allow to simmer for 30 minutes. Add the chicken stock, vegetables, and spices and bring to a boil and allow to cook for 5 minutes.

Drain the beans and divide the beans between the four quart jars so that they are about ¼ full. Add ¼ cup of diced ham to each jar. Strain the cooked vegetables and divide between the jars.

Fill with stock leaving 1" headspace. Remove any trapped air bubbles from jar. The beans will expand a little more during processing.

Wipe rim of jar with a clean napkin or paper towel dipped in distilled white vinegar or hot water with vinegar. Place lid onto jar making sure that it is centered on top of jar. Place a ring on the jar and finger tighten. Process for 1 hour and 30 minutes at 10 pounds of pressure following the directions for your pressure canner. (*Adjust pressure depending on your elevation*).

Allow jars to rest and cool undisturbed for 12 to 24 hours then remove rings and check the seals. Label with contents and date and store in a cool dry, dark location as any other canned foods.