



UCCE Master Food Preservers of El Dorado Country

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Tortilla soup is among our favorites. Wouldn't it be nice to have some pints of it on hand in your pantry for a quick lunch or light dinner?

Pressure canning soups is easy to do as long as you follow directions. Do not over fill your jars with solids, but fill as directed in the recipe, so heat penetrates to the middle of the jar. This insures your product is safe for your loved ones to eat and enjoy. Never put thickeners in your soups prior to processing. Thicken them before serving. Last, but not least, never put dried beans directly in the jar before processing. Always use cooked beans.



This recipe can easily be doubled. If you are going to pressure can you might as well make it worth your while and can enough to store for later.

Real-Deal Tortilla Soup

INGREDIENTS

- 2 quarts low sodium canned or homemade chicken stock
- 2 bone-in, skin-on chicken breast halves, about 1 pound total
- 1 large onion, split in half, plus 1 large onion, finely diced (about 1 ½ cups)
- 2 ears of corn, shucked, kernels removed from cobs, milk scraped from empty cobs or canned or frozen corn
- 2 medium garlic cloves, whole, plus 2 medium cloves garlic, minced (about 1 tablespoon)
- 3 whole dried ancho chilies, seeds and stems removed, flesh roughly torn into strips
- 1 ½ pounds ripe tomatoes, split in half
- 2 tablespoons vegetable oil
- 1 poblano pepper, seeded and finely diced (about 1 cup)
- Kosher salt and freshly ground black pepper
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 (15-ounce) can black beans, drained and rinsed. Use canned or pre-cooked beans ONLY when pressure canning
- ½ cup fresh cilantro leaves

DIRECTIONS

1. Place stock, chicken, split onion, empty corn cobs and scraped corn milk (if using), 2 whole garlic cloves, and chilies in a large saucepan. Bring to a boil over high heat, then reduce to a simmer. Cook for 30 minutes, turning chicken occasionally, and topping up with water as necessary. Discard onion, corn cobs, and garlic cloves, and transfer chicken to a large plate. Set aside. When cool enough to handle, shred chicken into strips.

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2. Meanwhile, adjust rack to 4 inches below broiler element and preheat broiler to high. Place tomatoes cut side-up on a foil-lined broiler pan and broil until charred on top surface and completely softened, about 15 minutes.

3. Combine roasted tomatoes, stock, and re-hydrated chilies in the bowl of a blender. Blend on high speed until completely smooth and set aside.

4. Heat oil in a large saucepan over medium-high heat until shimmering. Add onions, poblanos, and corn kernels. Season with salt and pepper, and cook, stirring frequently, until onions are softened but not browned, about 5 minutes. Add minced garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add cumin and oregano and cook, stirring frequently, until fragrant, about 30 seconds longer. Add beans and half of cilantro and stir to combine. Pour tomato-chili stock into the pot through a fine mesh strainer.

PROCESSING INSTRUCTIONS

Read these processing instruction for soups before proceeding:

http://nchfp.uga.edu/how/can_04/soups.html

Caution: Do not thicken. Salt to taste, if desired. Fill jars halfway with solid mixture. Add remaining liquid, leaving 1-inch headspace.

Adjust lids and process following the recommendations in [Table 1](#) or [Table 2](#) according to the method of canning used.

Table 1. Recommended process time for **Soups** in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	60* min	11 lb	12 lb	13 lb	14 lb
	Quarts	75*	11	12	13	14

* Caution: Process 100 minutes if soup contains seafoods.

Table 2. Recommended process time for **Soups** in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			0 - 1,000 ft	Above 1,000 ft
Hot	Pints	60* min	10 lb	15 lb
	Quarts	75*	10	15

* Caution: Process 100 minutes if soup contains seafoods.

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Before serving:

5. Whisk 1 Tbsp. corn flour into soup. Bring to a simmer, and season to taste with salt and pepper.
6. Serve soup, garnished with chicken, avocado, fried tortilla strips, scallions, lime wedges, and fresh cilantro.

Source: adapted for pressure canning from Serious Eats

<http://www.serious-eats.com/recipes/2012/08/real-deal-tortilla-soup-recipe.html>



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