

Navy Bean & Bacon Soup (Canning) Recipe

My adaptation

2 pounds	Navy beans, dried	Soak beans 12-18 hours in a cool place.
4 to 5 quarts	Water	
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4 stalks	Celery, chopped	When ready to cook, exchange water, add celery and carrot. Boil over medium heat for 30 min.
2 large	Carrots, chopped	
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2 pounds	Bacon, chopped	Cook bacon to preference, pour off all but 1/2 cup grease. Sauté onions until soft. Don't drain.
4	Onions, chopped	
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4 teaspoons	Chicken bouillon	Add bouillon, bay leaves, cloves, tomato sauce, and water to bacon and onions, bring to simmer.
2	Bay leaves	
1/4 teaspoon	Cloves, ground	Remove bay leaves. Add to beans. Add salt and pepper to taste. [ Mash a few beans to thicken the mix, but leave it loose and soupy. My idea.]
2/3 teaspoon	Salt	
1/2 teaspoon	Pepper, black	
2/3 can	Tomato sauce	
8 cups	Water	

Hot pack into pint jars, leaving 1" headspace.

For weighted gauge, process 75 min at 10 lb (1,000 ft altitude) or 15 lb (above 1,000 ft). [Per University of Florida.]

After the canner is completely depressurized [normally, or under cold water?], remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.

Notes [re plain beans, per University of Florida]:

1. An average of 5 pounds of beans is needed per canner load of 7 quarts; an average of 3-1/4 pounds is needed per canner load of 9 pints. [11.5 oz./qt., 4.5 oz./pt. est. So, 2 lbs. beans should yield about 7 pints.]
2. Select mature, dry seeds. Sort out and discard discolored seeds.
3. Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add 1/2 teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans or peas and cooking water, leaving 1-inch headspace.

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