- Prep Time: 45 minutes
- Cook Time: 20 minutes
- Processing Time: 60 minutes (quarts) / 55 minutes (pints)
- Total Time: Approximately 2 hours 15 minutes
- Difficulty: Intermediate
- Method: Boiling Water Bath Canning
- Intensity Levels: Prep – Moderate | Cooking – Low | Processing – Moderate (requires attention)

Table of Contents

- Ingredients
- Step-by-Step Instructions
  - Step 1: Prepare the Jars and Canner (10 minutes | Intensity: Low)
  - Step 2: Sauté the Aromatics (5 minutes | Intensity: Moderate)
  - Step 3: Combine the Ingredients (5 minutes | Intensity: Low)
  - Step 4: Simmer the Soup (10 minutes | Intensity: Low)
  - Step 5: Fill the Jars (15 minutes | Intensity: Moderate)
  - Step 6: Process in a Boiling Water Bath (60 minutes | Intensity: Moderate)

    - Step 7: Cool and Check Seals (12–24 hours | Intensity: Low)
- Serving and Reheating
- Nutrition Information (per 1-cup serving)

Ingredients

For the Soup Base:

- 3 cups diced tomatoes (fresh or canned)
- 2 cups tomato juice or vegetable juice
- 4 cups beef or vegetable broth (low sodium recommended)
- 1 cup chopped onions
- 1 cup sliced carrots
- 1 cup diced celery
- 1 cup green beans, cut into 1-inch pieces
- 1 cup corn kernels (fresh or frozen)
- 1 cup shelled peas

- 2 medium potatoes, diced (optional—see note)
- 2 cloves garlic, minced
- 1 teaspoon salt (optional; do not increase)
- ½ teaspoon black pepper
- 1 bay leaf
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano

Note on Potatoes: Potatoes may be added, but they can become soft during processing. Many canners prefer to omit them and add fresh potatoes when reheating the soup. If included, use firm, waxy potatoes.

Equipment Needed:

- Water bath canner with rack
- 6 quart jars or 12 pint jars, sterilized
- New lids and screw bands

- Jar lifter, bubble remover, funnel
- Large stockpot for soup

Step-by-Step Instructions

Step 1: Prepare the Jars and Canner (10 minutes | Intensity: Low)

Wash jars in hot, soapy water and rinse well. Keep jars hot in the canner or a low oven until ready to fill. Fill the water bath canner about halfway with water and begin heating it to a rolling boil—this takes time, so start early. Sterilize lids according to manufacturer instructions.

Step 2: Sauté the Aromatics (5 minutes | Intensity: Moderate)

In a large stockpot, heat a tablespoon of oil over medium heat. Add onions, carrots, and celery. Sauté until onions are translucent, about 5 minutes. Add garlic and cook 30 seconds more until fragrant.

Step 3: Combine the Ingredients (5 minutes | Intensity: Low)

Add tomatoes, tomato juice, broth, green beans, corn, peas, potatoes (if using), salt, pepper, bay leaf, thyme, and oregano. Stir to combine. Bring the mixture to a gentle boil over medium-high heat.

Step 4: Simmer the Soup (10 minutes | Intensity: Low)

Reduce heat and simmer for 10 minutes, stirring occasionally. Do not cook the vegetables fully—they will finish cooking during processing. Remove the bay leaf. Important: Never add thickeners such as flour, cornstarch, or pasta to home-canned soups, as they interfere with heat penetration and create unsafe conditions.

Step 5: Fill the Jars (15 minutes | Intensity: Moderate)

Using a funnel, ladle hot soup into hot jars, leaving 1 inch of headspace. Use a bubble remover or plastic spatula to remove air bubbles. Wipe jar rims with a clean, damp cloth. Center lids on jars and screw bands to fingertip-tight.

Step 6: Process in a Boiling Water Bath (60 minutes | Intensity: Moderate)

Carefully lower filled jars into the canner using a jar lifter, ensuring they are covered by at least 1–2 inches of water. Bring water to a rolling boil. Process quarts for 60 minutes or pints for 55 minutes. Adjust times for altitude: add 5 minutes for 1,001–3,000 ft, 10 minutes for 3,001–6,000 ft, and 15 minutes above 6,000 ft. Do not start timing until the water reaches a full boil.

Step 7: Cool and Check Seals (12–24 hours | Intensity: Low)

Turn off heat and let jars rest in the canner for 5 minutes. Remove jars with a jar lifter and place them on a towel, spaced apart. Let cool undisturbed for 12–24 hours. Check seals by pressing the center of each lid—it should not flex. Remove screw bands, label jars, and store in a cool, dark place.

Serving and Reheating

To serve, open a jar, pour into a saucepan, and heat to a rolling boil for at least 10 minutes before tasting. Add fresh herbs, cooked pasta or rice, or a splash of cream at serving time if desired. Once opened, refrigerate leftovers and use within 3–4 days.

Nutrition Information (per 1-cup serving)

- Calories: 85
- Total Fat: 1 g (0 g saturated)
- Cholesterol: 0 mg
- Sodium: 320 mg
- Total Carbohydrates: 17 g
- Dietary Fiber: 4 g
- Sugars: 6 g
- Protein: 3 g

- Vitamin A: 45% DV
- Vitamin C: 25% DV
- Calcium: 4% DV
- Iron: 6% DV