



UCCE Master Food Preservers of El Dorado County

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Preserve Today, Relish Tomorrow

HABITANT SOUP



Let's make Split Pea Soup!

Winter is for soup. There is nothing more delicious and comforting on a cold winter night than soup. Do you have a nice fat ham bone left over from your holiday dinner? Or, a beautiful vegetable broth you may have made using all the scraps from your holiday meals? You can also buy a ham bone, ham hock, or hamshank. Anyway, Split Pea soup is a wonderful thing. Soup is a healthy fast food we can keep on hand for those days when we just do not have the time, nor the energy, to think about making a healthy dinner for ourselves and our families.

First, remember that soups must be pressure canned or frozen. Processing in a boiling water bath is NOT safe.

Read the directions for your pressure canner. It is always a good idea to review the instructions before using it.

It is also a good idea to review pressure canning in general
http://nchfp.uga.edu/publications/uga/using_press_canners.html

And read about pressure canning soups, specifically
http://nchfp.uga.edu/how/can_04/soups.html

Remember the vinegar. Add 2 Tblsp. to the water in your canner to keep hard water marks from forming on your jars. Also, clean the rims of your filled jars with white vinegar. This cuts the oil from the meat off the rims and helps to ensure a good seal.

Follow the recipe and processing instructions exactly to make a safe and delicious product.

Yield: About 5 pints or 2 qts.

- 2 cups dried split peas
- 8 cups. Water (or meat or vegetable stock)
- 1 cup onion, chopped
- 1 ½ cups carrots, sliced
- 1 cup cooked ham, diced
- 1 bay leaf
- ¼ tsp. allspice
- Salt and pepper to taste

Combine dried peas and water in a large kettle. Bring to a boil. Reduce heat and simmer, covered, about 1 hour or until peas are soft. If a smooth soup is desired press mixture through a sieve or food mill. Return mixture to kettle. Add remaining ingredients and simmer, gently, about 30 minutes. If mixture is too thick add boiling water.

Ladle hot soup into hot jars, leaving 1" headspace. Remove bubbles. Wipe jar rims clean. Place lids and rings on jars, tightening rings finger tight. Process using the tables below.

Table 1. Recommended process time in a dial-gauge pressure canner.						
			Canner Pressure (PSI) at Altitudes			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	75* min	11 lb.	12 lb.	13 lb.	14 lb.
	Quarts	90*	11	12	13	14
* Caution: Process 100 minutes if soup contains seafoods.						
Table 2. Recommended process time in a weighted-gauge pressure canner						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft		
Hot	Pints	75* min	10 lb.	15 lb.		
	Quarts	90*	10	15		

Source: Ball Complete Book of Home Preserving

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