

Sensible Survival Solution



Pressure Canned Chicken Noodle Soup

Ingredients (Per Wide Mouth Pint Jar)

- 1/8 tsp salt
- 2 Ounces of uncooked noodles
- 3 Ounces of mixed vegetables
- 4 Ounces of chicken gravy
- 4 Ounces of seasoned cubed roast

Instructions

- 3 pounds of chicken breast is cubed and then seasoned with your favorite seasoning.
- 2 Ounces of raw noodles are the first things to go into the jar. Pack them into the jar to take up any available space.
- We buy a large bag of frozen mixed vegetables and divide them into about 3 ounces per jar. These go on top of the noodles and should leave about room at the top for the meat.
- Fill the balance of the pint jar with the seasoned chicken. Be sure to leave head room for cooking.
- We use package chicken gravy mix. We then poured 4 ounces (Or until 1" from the top of the jar) per jar.
- Wipe the rim of the jar and place the lid and band on as normal.

Pressure Canning Instructions

- You should pressure can the jars according to the requirements for meats for your altitude.
- For us at sea level this is 75 - 80 minutes in our Power Cooker XL.

Yield

- 1 Large package of flat egg noodles
- 4 Pounds of frozen mixed vegetables
- 3 Pounds of skinless chicken breast
- 10 Packages of gravy mix (Each package yields 1 cup of gravy)

This combination of ingredients produced 20 wide mouth pint jars of chicken noodle soup.

The results were absolutely fantastic. This is the best tasting creamy chicken noodle soup our family has ever had. The texture is that of chicken and dumplings. Reduce the noodles and add vegetables for more of a soup. Each wide mouth pint jar feeds 1 person.