



*"Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties."*

## Home Canned Cuban Black Bean Soup

*This is a homemade version of a Cuban Black Bean soup. If you want it creamier, puree a portion on the soup when you're ready to warm it and serve. It is best if it ages for a month or two in the jar for the flavors to blend.*

**Recipe Modified for USDA Approved type of soup by:** Sue Mosbacher, Central Sierra and Sacramento Counties UC Master Food Preserver Coordinator

### **Yield 8 pints**

2 pounds dried black beans  
2 cups onions, chopped  
1 cup bell pepper, chopped  
6 Tablespoons, garlic chopped  
1½ Tablespoons salt  
1½ Tablespoons ground cumin  
1 Tablespoon dried oregano  
¼ cup cider vinegar (5%)  
½ pound ham, cubed into ½ pieces

### **Yield 4 pints**

1 pound dried black beans  
1 cup onions, chopped  
½ cup bell pepper, chopped  
3 Tablespoons, garlic chopped  
2¼ teaspoons salt  
2¼ teaspoons ground cumin  
2 teaspoons dried oregano  
⅛ cup cider vinegar  
¼ pound ham, cubed into half ½ pieces

### **Directions:**

1. Wash and sort dry beans. Cover with 12 cups water. Bring to a boil and boil for 2 minutes. Remove from the heat and let soak in water for 1 hour; heat to a boil, rinse and drain.
2. Sauté ham, onions, peppers, garlic and salt in 1 Tablespoon olive oil until the onion is glassy looking.
3. Add rehydrated beans, cumin, oregano, and vinegar.
4. Add water to cover the mixture by about 1 inch; boil for 5 minutes.
5. Fill jars one-half full with the **solid** soup mixture.
6. Fill the jars with remaining liquid, leaving 1-inch headspace.
7. Remove air bubbles and adjust headspace if needed. Wipe rims of jars. Center lid on jar and adjust to finger-tight. Process in Pressure Canner according to directions in box on page 2.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf> ) Inquiries regarding ANR's nondiscrimination policies may be directed to Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750- 1397.



# University of California

Agriculture and Natural Resources

UCCE Master Food Preserver Program

### Recommended process time for Soups in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			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.**

### 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.**

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf> ) Inquiries regarding ANR's nondiscrimination policies may be directed to Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750- 1397.

UCCE Master Food Preserver Program of Solano and Yolo Counties | Jeanice Rigdon-Sobetzki, UCCE Master Food Preserver Program Coordinator | Diane L. Metz, Nutrition, Family and Consumer Science Advisor, Emeritus, | Solano Office |501 Texas Street, First Floor, Fairfield, CA 94533 | Yolo County Office 70 Cottonwood St. Woodland, CA 95695 |(530) 666-8143| <http://solanomfp.ucanr.edu> | [solanomfp@ucanr.edu](mailto:solanomfp@ucanr.edu) | <http://yolomfp.ucanr.edu> | [yolomfp@ucanr.edu](mailto:yolomfp@ucanr.edu)