

DJ's Vegetable Beef Soup

makes 7, 29 oz (1 quart/2 pint) jars
26 cup pressure cooker

1.5 lbs.	Stew meat (diced 1/2 - 3/4 inch)
1/2 large	Yellow Onion (diced)
1/2 stick	butter
3 large	Russet Potatoes (diced 1/2 inch)
2 cans	Petit Diced Tomatoes (29 oz. total)
4 cups	Frozen Mixed Vegetables
4 Tbsp	Chili Powder
1 tsp	Sugar
1 Tbsp	Black Pepper
1 tsp	Garlic Powder
1 tsp	Salt
1/2 tsp	Ground Red Pepper (Cayenne)
64 oz.	Beef Stock

Note: In addition to the 4 cups of frozen mixed vegetables, we add fresh vegetables we might have in the freezer or fridge. Some great additions we've used were leftover celery, green onions, banana peppers, fresh jalapenos, and okra. A cup or two of this type of finely chopped vegetable doesn't really change the flavor but adds to the soup's heartiness.

- Cut meat into smaller (1/2 to 3/4 inch) pieces.
- Brown the meat, diced onion, and butter, and place in a pressure cooker.
- Add diced potatoes and all other ingredients.
- Add optional ingredients (fresh celery, okra, jalapenos, etc.)
- Add beef stock until the max line is reached in the pressure cooker.
- Bring to high pressure for 25 minutes and remove from heat.
- Sterilize 7 two-pint, mason jars, lids, rings, dipper, and funnel (if used).
- Release the pressure, remove the lid, and dip into sterilized jars.
- Fill jars to 1/8 inch from the top and seal while hot. Allow the jars to cool, then store them for up to a year.

We like all the vegetables and meat to be about the same size (1/2 inch). Reheat the soup in a pot over low heat while baking the cornbread (Jiffy Mix takes just 20 minutes to bake). This makes a great 30-minute comfort food meal, with two or three servings per jar.



By David Johnson