

Vegetable Beef Soup

3 Pounds Beef Shank or lean beef cubed

6 Cups water

1/2 Teaspoon pepper

3 Bay leaf

8 Sliced carrots

6 Sliced celery stalks and leaves

2 Teaspoon Salt

2 Cloves garlic minced

1 Quart chopped tomatoes

1 Cup chopped onions

4 potatoes cubed

Combine beef, water, salt and pepper and bring to boil, spoon off scum, add garlic and bay leaves. Cover and simmer for 1 hour. Add remaining ingredients and simmer for another 20 minutes. Vegetables will cook more while canning. Remove bone if using shanks.

Put in jars with 1/4 head space Process in a Pressure Canner at 10 lbs pressure - pints 75 minutes and quarts 90 minutes

Make about 16 pints or 8 quarts

<http://www.deejayssmokepit.net/>