

Instant Pot Freezer Soups

freezing in glass jars

IMPORTANT THINGS TO KNOW TO AVOID BROKEN JARS

Before freezing

Use **ONLY straight necked** jars.

Leave plenty of room for expansion--
Only fill to below the bottom ring line, leaving 1-2" free.

Let the jars **cool completely**
before transferring to the freezer

Screw on the caps loosely.
(You can tighten them after the contents are frozen).

In the freezer

Leave **space between the jars** in the freezer.

Thawing tips

Thaw the frozen jars gradually.

Avoid rapid temperature changes.
Do not put a frozen jar in hot water or heat in the microwave.

THREE WAYS TO THAW ::

Use the defrost setting on your microwave. (fastest)

Set the jars on the counter,
or in a bowl of room temperature water.

Place the jars in the refrigerator
with a paper towel underneath. (longest)