

Tomato Juice-Homemade

This recipe makes about 12 cups



Ingredients

30 medium-sized tomatoes
1½ cups green or sweet peppers
1 cup carrots
½ cup celery
1 onion
2-3 cloves garlic, minced
¼ cup fresh or freeze-dried parsley
1 jalapeño
¼ cup sugar
¼ cup lemon juice
1½ tsp salt
1 tsp Worcestershire sauce

Directions:

1. Quarter the tomatoes, chop the peppers, carrots, celery and onion
2. In a large pot, add the quartered tomatoes.
3. Stir in the peppers, carrots, celery, onion, garlic, parsley, and jalapeño.
4. Cook over medium heat for 30-45 minutes, stirring occasionally, until the vegetables are soft and the tomatoes have released their juices.
5. Remove the pot from heat and let it cool slightly
6. Transfer the mixture to a blender or food processor in batches and blend until smooth
7. Return the blended mixture to the pot
8. Add the sugar, lemon juice, salt, and Worcestershire sauce to the pot
9. Stir well to combine all the flavors
10. Bring the sauce back to a gentle boil over medium heat
11. Simmer for an additional 10 minutes, stirring occasionally to prevent sticking
12. Add parchment paper to your tray
13. Spread the tomato juice evenly on your tray-add lids for easier carrying
14. Pre Freeze when possible
15. Freeze dry (my cycle time was 47 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of tomato juice powder to 3 cups of cold water. Stir, shake or blend to mix. Enjoy

Notes: This juice is perfect to make a bloody mary

Nutritional Value Per 1 cup of tomato juice before freeze drying
Calories 87 Carbohydrates 21 g Protein 3 g Fat 1 g Fiber 5 g Sugar 13 g