

## Spicy Tomato Juice

You can drink this juice plain or use it in most recipes that call for vegetable juice as an ingredient.

Prep Time: 25 minutes  
Cook Time: 45 minutes  
Yield: 3 quarts  
Stores: 5 days in refrigerator  
Freezes: 6 months  
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### Ingredients

- 6 pounds ripe tomatoes (about 20 medium)
- 1 celery ribs, coarsely chopped
- 2 medium onions, coarsely chopped
- 1 medium red pepper, coarsely chopped
- 1 cup chopped fresh parsley
- 2 TBSP maple syrup
- 1 TBSP Worcestershire sauce
- 4 teaspoons salt
- ¼ teaspoon hot pepper sauce
- ¼ teaspoon cayenne pepper
- ¼ teaspoon pepper

### Directions

Quarter tomatoes; place in a 6-qt. Dutch oven. Add celery, onions, red pepper, and parsley. Simmer, uncovered, until vegetables are tender, about 45 minutes, stirring occasionally.

Meanwhile, rinse five 1-quart plastic containers and lids with boiling water. Dry thoroughly.

Cool tomato mixture slightly. Place in blender and puree. Put through a sieve or food mill. Return to pan. Add remaining ingredients; mix well. Bring to a boil. Remove from heat; cool.

Fill all containers to within 1/2 in. of tops. Wipe off top edges of containers; immediately cover with lids. Freeze up to 12 months. Thaw frozen juice in refrigerator before serving.

Adapted *Kathleen Gill* recipe

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