



Preserve Today, Relish Tomorrow

UCCE Master Food Preservers of El Dorado County

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I should have had a V-8.

Tomato season is coming and we need make a plan. One tomato product I plan to make this season is tomato-vegetable juice, aka V-8 juice. This product is so versatile.

Tomato-vegetable juice is a delicious and refreshing beverage on its own. You can even spice it up with hot sauce or hot peppers and make it a "Snappy Tom". It can be used in soups and stews, or for brunch. You know what I'm talkin' about, Bloody Mary's! A little Tobasco Sauce, a dash of Worcestershire Sauce, fresh lime juice, vodka, and a garnish of our home preserved pickled asparagus or Dilly Bean. Ohhhhhhhh yeaaaaaaah.



Image by [Alexa](#) from [Pixabay](#)

Tomato and Vegetable Juice Blend

- 22 pounds of tomatoes is needed per canner load of 7 quarts.
- 3 cups of other vegetables may be added for each 22 pounds of tomatoes

Wash, remove stems, and trim off bruised or discolored portions. Peeling the tomatoes is not necessary. To prevent juice from separating, quickly cut about 1 pound of fruit into quarters and put directly into saucepan. Heat immediately to boiling while crushing. Continue to slowly add and crush freshly cut tomato quarters to the boiling mixture. Make sure the mixture boils constantly and vigorously while you add the remaining tomatoes. Simmer 5 minutes after you add all pieces. If you are not concerned about juice separation, simply slice or quarter tomatoes into a large saucepan. Crush, heat, and simmer for 5 minutes before juicing.

Add no more than 3 cups of any combination of finely chopped celery, onions, carrots, and peppers for each 22 pounds of tomatoes. Simmer mixture 20 minutes.

Press hot cooked tomatoes and vegetables through a sieve or food mill to remove skins and seeds. **Add bottled lemon juice or citric acid to jars per the chart below.** Add 1 teaspoon of salt per quart to the jars, if desired.

Reheat tomato-vegetable juice blend to boiling and fill immediately into jars, leaving 1/2-inch headspace. Adjust lids and process. Recommended processing times are given in [Table 1](#), [Table 2](#), and [Table 3](#). *Acidification is still required for the pressure canning options.*

Type of acid	Pints	Quarts
Bottled lemon juice	1 Tablespoon	2 Tablespoons
Citric acid	¼ teaspoon	½ teaspoon
5% Vinegar	2 Tablespoons	4 Tablespoons

Table 1. Recommended process time for Tomato and Vegetable Juice Blend in a boiling-water canner.					
		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	35 min	40	45	50
	Quarts	40	45	50	55

Table 2. Recommended process time for Tomato and Vegetable Juice Blend in a weighted-gauge pressure canner.				
		Canner Gauge Pressure (PSI) at Altitudes		
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints or Quarts	20 min	5 lb	10 lb
		15	10	15
		10	15	Not Recommended

Table 3. Recommended process time for Tomato-Vegetable Blend in a dial-gauge pressure canner						
		Canner Gauge Pressure (PSI) at Altitudes of				
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints or Quarts	20 min	6 lb	7 lb	8 lb	9 lb
		15	11	12	13	14

Altitude Chart	
Altitude in feet	Increase processing time
1000 - 3000	5 minutes
3001 - 6000	10 minutes
6001 - 8000	15 minutes
8001 - 10000	20 minutes

Recipe source: http://nchfp.uga.edu/how/can_03/tomato_veg_juice.html

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