
Homemade V-8 Juice

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

7 cups water
1/2 bushel tomatoes
1 red beet, peeled and quartered
2 carrots, cut in quarters
1 green pepper, quartered
6 onions, quartered
4 tablespoons salt
3/4 cup sugar
1/4 cup lemon juice
6 stalks celery
1/4 cup vinegar

In a large kettle, combine all of the ingredients. Let simmer for two hours.

Run the mixture through a juicer. Place the juice in a pot. Heat to boiling.

Ladle into hot jars. Adjust the lids.

Process in a boiling bath for 10 minutes.

Yield: 4 quarts

Condiments, Sauces

Per Serving (excluding unknown items): 1000 Calories; 2g Fat (1.7% calories from fat); 13g Protein; 249g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 25920mg Sodium. Exchanges: 16 Vegetable; 1/2 Fruit; 10 1/2 Other Carbohydrates.