

# Tomato Juice

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*tomatoes  
water  
sugar  
salt*

Wash the tomatoes. Cut into small pieces.  
Place in a pot.

Add very little water.

Heat until the juice flows freely.

Place the mixture into a juicer. Drain off the  
juice into a pan.

Add one teaspoon of sugar and one teaspoon of  
salt to each quart of juice.

Place the pan over med heat. Bring to a boil.  
Boil steadily for 5 minutes.

Immediately pour the juice into sterile jars.

Seal hot.

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Per Serving (excluding unknown  
items): 0 Calories; 0g Fat (0.0%  
calories from fat); 0g Protein; 0g  
Carbohydrate; 0g Dietary Fiber;  
0mg Cholesterol; 0mg Sodium.  
Exchanges: .