

Natural Healing Express Weekly

Column 262 Tomato Juice Cocktail (aka Bloody Mary Mix)

I have been asked about 100 times, especially around Holidays how to make a great Bloody Mary Mix. Well, here it is, folks. Season it as you wish. This is refreshing and contains high fiber. I am not giving away ALL of my ingredients, but here is a good base.

Ingredients – 15 pounds of tomatoes (chopped), 4 celery stalks (chopped) 1 yellow onion (chopped), 2 beets (peeled and chopped), 3 tbsp. Worcestershire sauce, 2 tbsps. sugar, 1 tbsp. prepared horseradish, 1 tbsp. canning salt, ½ teaspoon freshly ground pepper, ½ tsp hot sauce, ½ tsp of seasoning salt, 10 tbsps. Bottled lemon juice, divided.

Prepare jars, lids and rings washing them with hot, soapy water; sterilizing them or send them through two cycles in the dishwasher.

Place rack in pressure canner and add 3 to 4 inches of water. Fill jars with two inches of water so they do not float. Simmer water, do not boil.

In a large saucepan set to medium heat, crush the tomatoes, cook for five minutes until tender. Add the celery, onion and beets. Simmer for 15 minutes or until tender.

In a food processor, blend until smooth.

Into a clean saucepot, strain through a fine mesh sieve. Press out with spatula. Discard remainder.

Return the pot to the stove over medium heat and bring to a simmer. Add Worcestershire, sugar, horseradish, canning salt, hot sauce and seasoning salt. Simmer for five minutes.

Remove the jars from the canner.

Measure two tbsp. of lemon juice into each jar. Ladle the vegetable juice into the prepared jars leaving 1 inch of headspace. Remove any air bubbles. Wipe the rims clean and seal with lids and rings.

Put the jars on rack in the pressure canner. Lock the lid in place, bring to a boil and let the canner vent for 10 minutes. Put the weighted gauge or pressure regulator on vent.

Process for 35 minutes at 11 pounds on a dial gauge or at 10 pounds on a weighted gauge. Adjust the pressure as necessary. Turn off the heat and let the pressure drop to zero before removing the lid.

Carefully remove the jars from the canner. Set aside to cool, undisturbed for 12 hours.

Check the lids for proper seals. Remove the rings; wipe the jars, label and date. Transfer to cupboard.

Refrigerate any jars that don't seal properly. Properly sealed jars will last 12 months in the cupboard (we have never completely tested that theory as our consumption rate is absurd). Once opened, refrigerate and consume within 2 months.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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