

# Vegetable Juice

Makes 8 servings

## Ingredients

- 5 pounds fresh tomatoes, stems removed
- water
- ¼ cup diced green bell pepper
- ¼ cup diced carrot
- ¼ cup diced celery
- 2 tablespoons diced sweet onion
- ⅓ cup diced fresh beet
- ½ cup chopped spinach
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley
- ¼ cup freshly squeezed lime juice

## Directions

1. Use a paring knife to cut a small, shallow “x” in the bottom of each tomato. Fill a large pot half full with water. Bring to a boil over high heat. Once boiling, place several tomatoes into the water and remove them after 30 to 60 seconds. Lay tomatoes on a clean towel and remove the skins. You can also remove the seeds, if desired. Compost the skins and seeds. Continue with remaining tomatoes.

(directions continued on back)



APPETIZER OR SNACK

## Directions (continued)

2. Pour the water out of the large pot. Place the peeled tomatoes, ½ cup water, bell peppers, carrots, celery, onion, beet, spinach, salt, black pepper, basil and parsley in the pot. Bring to boil over high heat, then turn down to a simmer. Allow to simmer (covered) for 20 minutes. Remove the lid and continue to simmer for 10 more minutes.
3. Remove from heat and pour in lemon juice. Use a submersion blender to blend. Then strain through a fine-mesh strainer into a 2-quart pitcher. Place in the refrigerator for at least 2 hours.
4. Stir to blend ingredients before serving. Enjoy chilled!

♥ = heart smart    ✕ = low sodium    GF = gluten free

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

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## Nutrition Facts

Serving Size 1 cup vegetable juice (306g)  
Servings Per Container 8

Amount Per Serving

**Calories 60**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0.5g**      **1%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 100mg**      **4%**

**Total Carbohydrate 12g**      **4%**

**Dietary Fiber 4g**      **16%**

**Sugars 8g**

**Protein 3g**

**Vitamin A 60%**      • **Vitamin C 70%**

**Calcium 4%**      • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories      2,000      2,500

Total Fat      Less than 65g      60g

Saturated Fat      Less than 20g      25g

Cholesterol      Less than 300mg      300mg

Sodium      Less than 2,400mg      2,400mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1