



## Selecting, Preparing, and Canning: Tomato Juice<sup>1</sup>

United States Department of Agriculture Extension Service<sup>2</sup>

**Quantity:** An average of 23 pounds is needed per canner load of 7 quarts, or an average of 14 pounds per canner load of 9 pints. A bushel weighs 53 pounds and yields 15 to 18 quarts of juice--an average of 3-1/4 pounds per quart.

**Procedure:** Wash, remove stems, and trim off bruised or discolored portions. 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.

Press both types of heated juice through a sieve or food mill to remove skins and seeds. **Add bottled lemon juice or citric acid to jars** (See acidification instructions). Heat juice again to boiling. Add 1 teaspoon of salt per quart to the jars, if desired. Fill jars with hot tomato juice, leaving 1/2-inch headspace. Adjust lids and process following to the instructions in Table 1, Table 2, or Table 3 according to the method of canning used.

**Table 1.** Recommended process time for Tomato Juice in a boiling-water canner.

Style of Pack	Jar Size	Process Time at Altitudes of			
		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

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2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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**Table 2.** Recommended process time for Tomato Juice in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Gauge Pressure (PSI) at Altitudes of			
			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

**Table 3.** Recommended process time for Tomato Juice in a weighted-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Gauge Pressure (PSI) at Altitudes	
			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

**Acidification:** Add 1 tablespoon of bottled lemon juice or ¼ teaspoon citric acid per pint of tomatoes. For quarts, use 2 tablespoons of bottled lemon juice or ½ teaspoon citric acid.  
**Note:** Four tablespoons of vinegar per quart or two tablespoons per pint can be used instead of lemon juice or citric acid. However, the vinegar may cause undesirable flavor changes.