

Selecting, Preparing, and Canning: Tomato Juice¹

United States Department of Agriculture Extension Service²

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.

1/2-inch headspace. Adjust lids and process following the instructions in Table 1 , Table 2, or Table 3 according to the method of canning used.

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 FCS 8182 for 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. This document is FCS 8183, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: May 2003. Reviewed: June 2008 and March 2011. This document was extracted from the *Complete Guide to Home Canning*, Agriculture Information Bulletin No. 539, USDA. It was originally published on CD-ROM as part of HE 8149, Guide 3: Selecting, Preparing, and Canning Tomatoes and Tomato Products. Please visit the EDIS website at <http://edis.ifas.ufl.edu>
 2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Millie Ferrer-Chancy, Interim Dean

Table 1.

Table 1. Recommended process time for Tomato Juice in a boiling-water canner.					
		Process Time at Altitudes of			
Style of Pack	Jar Size	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

*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.

Table 2.

Table 2. Recommended process time for Tomato Juice in a dial-gauge pressure canner.						
			Canner Gauge Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	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

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.

Table 3.

Table 3. Recommended process time for Tomato Juice in a weighted-gauge pressure canner.				
			Canner Gauge Pressure (PSI) at Altitudes	
Style of Pack	Jar Size	Process Time	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

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.