

Homemade V8

Ingredients

- 1 Tbsp extra-virgin olive oil
- 5 medium-large tomatoes, chopped
- ½ onion, chopped
- 2 cloves garlic
- 1 beet, chopped
- 1 carrot, chopped
- 2 small cucumbers, chopped
- ¼ cup fresh parsley
- 1 Tbsp honey
- dash tabasco sauce
- dash Worcestershire sauce
- salt & pepper



Preparation

1. Add olive oil to a large pot over about medium-high heat
2. Add everything except cucumbers and parsley to the pot and bring to a simmer.
3. Cook on medium for 30-45 minutes, stirring occasionally to help break down the vegetables
4. Season, with more salt, pepper, tabasco and Worcestershire sauce as desired
5. Remove from heat and transfer to a blender
6. Add parsley and cucumbers
7. Pulse 2-3 times just to break up the chunks of vegetables remaining (should be like a thick, chunky soup at this point)
8. Transfer from blender to a food mill
9. Using the smallest holed plate, run mixture through the food mill
10. Transfer the mixture back to the blender and blend for about 1 minute on high to get a nice smooth, juice consistency (thicker than a normal juice, but not chewy)
11. Add up to 1 cup of filtered water to dilute the juice, if desired
12. Chill before serving