

# Hearty Tomato Juice

*Swick*

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

## Step 1: Preparing the Juice

- 3 large tomatoes
- 2 red bell peppers
- 1 clove garlic
- 6 stalks celery
- 1 cup watercress
- 1/2 cup fresh parsley
- freshly ground black pepper

First, gather and prepare your mise en place. Wash all ingredients well.

Using your favorite juicer, juice all ingredients. Be sure to leave some celery to the end to push through all the other ingredients.

This hearty delicious juice is great when you are feeling the hunger come on.