

# How to make tomato paste and preserve for 12 months

Tomatoes are seasonal fruits that are always cheap and greatly spoiled during peak season. They are highly perishable thus need proper preservation to avoid losses.

Additionally tomatoes contain vitamin A & C, minerals such as phosphorus and potassium, oxidants like folate, beta-carotene and lycopene that help in boosting the immune system. When making the tomato paste, both sieved water and paste can be consumed thus proper utilization of resources.

## Steps to follow

Start by separating out bad, unripe tomatoes and wash good ones with clean water to remove unwanted materials.

After grind washed tomatoes into paste, boil paste for 1 hour, add salt and sieve out excess water.

Then wash bottles and their covers and dry them under the sun.

Additionally, get a saucepan and put some quantity of water, submerge some sacks into water this is to prevent the anaerobic containers from direct contact with heating pot.

Furthermore, cover the saucepan and heat for 45 minutes, after remove the saucepan off heat and allow cooling.

Then take bottles out of the saucepan and keep them safe to allow fresh paste storage for 12 months.

Lastly, observe the container lids as content cools since lids with depressions are signs of good sealing.