



NIGHTSHADE-FREE RED "MARINARA" SAUCE



Prep Time: 15 minutes
Cook Time: 25 minutes
Serves: 8
Directions:



1. Clean and trim carrots and beets.
2. Moist-bake or steam the vegetables until soft. Puree in a food processor when cool enough to handle.
3. Warm a little olive oil in a sauté pan and sauté the hing and garlic until golden.
4. Remove from heat and add Italian spices just to warm.
5. Pour your pureed veggies into your pan of spices, add salt, pepper, lime juice, and sweetener if using and the rest of the olive oil to your sauce.
6. Warm to serve.
7. Drizzle over pasta, grounding root vegetables, or spaghetti squash – the options are endless!
8. Garnish with fresh basil leaves.

*If your beet or carrots are large increase the seasonings, and the other way around.

Ingredients:

10 medium carrots
1 medium-large beet, peeled and chopped
¼ cup water for desired puree consistency
½ cup olive oil or ghee to taste
1 ½ Tbsp basil, dried
2 tsp thyme, rosemary, oregano, marjoram more/less to taste
3 bay leaf
2 Tbsp lime juice
2 cloves garlic, minced (optional)
succanat or maple syrup if too sour (optional)
to taste salt & pepper
a handful of fresh basil leaves

Do nightshades upset your digestion? Red tomato sauce is one of the first things I eliminated 15 years ago when I began my ayurvedic journey. It was pretty much a staple food in my 20-something-year-old diet. What a big difference I noticed in my skin when I gave it up! This is a delicious substitute for those that cannot tolerate red tomato sauce. Cooked tomatoes often aggravate the pitta dosha and can produce an acidic and inflammatory environment. This recipe is one of my favorites to make for my kids and my early postpartum mothers and babies. This is grounding and blood-building and is beneficial for the liver. I love to serve this over [jovial gluten-free brown rice or einkorn](#) pasta, or over a bed of spinach



as pictured by one of our clients below, over Italian spiced roasted root veggies - yes please, or as a sauce for spaghetti squash "pasta"! Leave us a comment and tell us how you like to use this nightshade-free sauce!