

Tomato-less Marinara Sauce - AIP-friendly, Nightshade-free

Prep Time: 20 minutes

Cook Time: 1 hour

Servings: 5 cups

Storage: 5 days in airtight container in refrigerator / Freezer: 3 months

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Ingredients

- 1 Tbsp coconut oil
- 2 yellow onions, chopped
- 4 garlic cloves, minced
- 1-pound carrots, chopped
- 1 medium beet, chopped
- 1 tea dried oregano
- 1 tea dried thyme
- 1 cup water or vegetable broth
- 2 tea sea salt or more to taste
- 1 tea pepper optional
- ¼ tea red pepper flakes,
- 2 Tbsp fresh lemon juice
- Fresh Basil for garnish, optional
- Parmesan for garnish, optional

Instructions

Preheat the oven to 400 degrees F. Line the bottom of a baking pan with foil.

Cut carrots in large sized pieces. Place the carrots in a bowl and toss with coconut oil, salt, and pepper. Place on lined baking sheet.

Wash, dry and cut the stems and tails off the beets. Do not peel. Place the beets in same bowl carrots tossed in and toss with coconut oil, salt, and pepper. Wrap each beet in foil. Place on lined baking sheet with carrots and roast for 25 minutes to check doneness of carrots. If carrots are done, remove from pan. Continue to cook beets (20 additional minutes or until done (knife inserted easily)). Let beets cool to touch.

While carrots and beets are roasting, melt the coconut oil in a large pot over medium heat and sauté the onions until they are tender and golden, about 10 minutes. Add in the minced garlic, spices, and sauté until fragrant, about 1 minute.

While wearing gloves, use two paper towels to rub skin off beets. Cut into large size pieces.

Transfer the onion mixture, carrots, and beets to a high-speed blender, add the salt and lemon juice, and blend until smooth. Add in water or vegetable stock until desired sauce consistency is reached. Taste the sauce and adjust any seasonings.

Serve warm over your favorite vegetable zoodle or pasta dish and enjoy! Leftover sauce can be stored in a sealed container in the fridge for up to a week, or in the freezer for months.

Adapted *Detoxinista recipe*