

### Tomato-less “Tomato” Sauce

This recipe is great to replace tomato sauce. The colour is bright red and the taste is approved by my hardest critic - my 6 year old daughter. This recipe was taken and adapted from [www.detoxinista.com](http://www.detoxinista.com)

- 1 Tbsp coconut or olive oil
- 2 small yellow onions, chopped
- 4 to 6 garlic cloves, chopped
- 1 pound carrots, peeled and chopped
- 1 medium beet, peeled and chopped
- 1 cup water
- 1 tsp sea salt (or more to taste)
- 2 Tbsp fresh lemon juice
- 1 - 2 bay leaves
- 1 tsp each oregano, thyme and turmeric

Heat the oil in a large pot. Add onions and garlic and sauté until they are golden, about 10 minutes.

Add the carrots, beets, bay leaves, oregano, thyme, salt and and water. Bring to a boil. Cover and let simmer until vegetables are tender (about 30 minutes)

Transfer all contents to a high speed blender and blend until smooth. Add more water if needed. Transfer sauce back to pot and stir in lemon juice and turmeric.

Taste and adjust seasoning as desired!

Use this sauce as you would use any tomato sauce - on pasta dishes, pizza, etc.

\*Using lemon juice is important to create the acidic flavour from the tomato. If you don't use enough, the sauce will be on the sweeter side

