

# Red Pasta Sauce

This is a great substitute for people who do not tolerate tomato sauce

## Ingredients

- 10 medium carrots
- 1 medium-large beet, peeled and chopped
- water for desired puree consistency
- 1 Tbsp ghee
- 1 ½ Tbsp basil, dried
- Salt and pepper to taste
- Olive oil to taste
- 2 Tbsp lime juice
- 2 cloves garlic, minced (optional)
- Jaggery, Sucanat or maple syrup if too sour (optional)
- ½ tsp of thyme, rosemary, oregano and/or marjoram (optional)

## Directions

1. Clean and trim carrots and beets.
2. Bake, steam or boil the vegetables until very soft. Puree in food processor when cool enough to handle.
3. Heat ghee in a pan and fry garlic until brown
4. Remove from heat and add basil just to warm.
5. Add garlic, basil, salt, pepper, lime juice and olive oil to the sauce.
6. Re-heat the sauce and thin with more water if desired.
7. Serve like tomato sauce over any well cooked pasta with sauteed Paneer (Indian Fresh Cheese) or a spoon of ricotta or cottage cheese on top along with a green vegetable side dish.