

Allium-Free No-Mato Sauce



60 MIN

1 Quart

Easy

Ingredients

- 3 tablespoons olive oil
- Sea salt to taste
- 1 lb carrots, peeled and diced
- 1 small/medium beet, peeled and diced
- 1 to 4 tablespoons red wine vinegar or balsamic vinegar – all depending on how much acidity you would like in the dish. Start with 1 tablespoon, get the dish cooked and pureed, and put back on the stove to simmer, then gradually add more vinegar to your taste.
- 2 tablespoons coconut aminos
- 2 cups water
- *Optional: 1 teaspoon Aunt Patty's organic tamarind paste*
- *Optional: A little red wine is nice in this sauce also – just a splash*

Herbs

You can use the following herbs or ¼ cup Italian herb blend

- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 teaspoon dried marjoram
- 1 teaspoon dried thyme

Optional spices

- Pinch nutmeg
- 1 teaspoon cinnamon
- Pinch clove
- Onion and/or garlic powder to taste

Instructions

- Put the carrot, beets, oregano, basil, optional tamarind paste, and 1 tablespoon red wine vinegar or balsamic vinegar into a 2 quart pot. Hold off on adding more vinegar until the sauce is puréed and it's simmering back on the stove. Then, if you'd like a little more acid in the sauce gradually add more until you find it satisfying.
- Add 2 cups water
- Put a lid on the pot and simmer until all the vegetables are very soft- about 45 minutes to an hour, depending on how large you cut your veg. Stir regularly.
- Once the veggies are soft enough to puree use either an immersion blender or food processor to puree the sauce. A food processor will make this sauce smoother.
- Return the pureed veggies to the pot if you did this in a food processor rather than an immersion blender. Add a bit more liquid if you would like a thinner sauce.
- Adjust the seasonings to your taste as needed and simmer a few more minutes to let the flavors meld.

If you'd like to get this sauce done faster cook it in a pressure cooker - either electric or stovetop. Put the ingredients in the pressure cooker as described above. Set the pot to high and pressure cook for 10 minutes. Then, if your pressure cooker allows, release the pressure after it's been off for 10 minutes.