



Nomato Sauce – Nightshade-Free Tomato Sauce Substitute

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TIME: ACTIVE- 15 MINUTES, TOTAL- 60 MINUTES

YIELD: APPROX. 5 CUPS

CATEGORY: CONDIMENT, SAUCE

INGREDIENTS

Sauce Base

- 4 tablespoons cooking fat (butter, olive oil, ghee, etc.; I prefer ½ butter and ½ extra virgin olive oil)
- 2 shallots, peeled and chopped
- 2 medium sized yellow or sweet onion, peeled and chopped
- 4 cloves garlic, peeled and chopped
- 3 ribs celery, chopped
- 4 stalks & leaves baby bok choy
- 6 carrots, scrubbed **not** peeled
- 2 medium beets, scrubbed **and** peeled
- 1 cup broth: [bone broth](#) or [chicken broth](#)*
- ¼ to ½ cup water depending on how thin you want your sauce
- 1.5 teaspoons of Celtic Sea Salt (or any good mineral salt) or salt to taste

Seasoning Options

- Marinara: Add one Bay leaf to step #2 and ¼ cup fresh chopped basil to step #3 5 minutes before the sauce is done simmering.

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- Enchilada Sauce: Add the following spices* to step #2. 1 teaspoon Italian seasoning, 1 teaspoon cumin, ½ teaspoon onion powder, 2-3 tablespoons chili powder (2.5 tablespoons chili powder will make for milder flavor whereas 3 tablespoons is very flavorful and a bit spicy).

INSTRUCTIONS

1. Melt cooking fat in a large stock pot over medium low heat. Sauté onion, shallot, garlic, and celery for 5 minutes, stir occasionally.
2. Add remaining veggies, stir together, then add water and broth. Add salt and any desired seasoning.
3. Bring liquid to a boil then reduce to low to simmer for 30-40 minutes until veggies are fork tender.
4. Remove from heat and allow to cool enough for you to safely transfer into a blender/food processor. Remove any seasoning leaves such as bay leaf before placing in blender.
5. Puree sauce in blender working in batches. Add additional liquid if needed to thin sauce.
6. Enjoy! Use immediately, store in fridge for 1 week or freeze. Defrosts easily and retains texture.

Note:

- I prefer the flavor of using my [chicken broth](#) in this sauce over [bone broth](#); however, to get the nutrition benefits of bone broth I often do half bone broth and half chicken broth if I have them both on hand.
- Credit to Danielle Walker's [Gluten-Free Enchilada Sauce](#) recipe for inspiration for which spices to use!
- Use organic ingredients whenever possible to reap the full benefit of your food.

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