

# Contemporary Pasta Sauce

**Yield: 8 servings**

Gluten-free  
Dairy-free  
FODMAP friendly

## Ingredients

6 cups purée of carrot soup  
(separate recipe)

2 Tbsp Italian seasoning

½ tsp fennel seed, ground

1 pinch chili flakes, optional

## Directions

1. Place all ingredients in a medium saucepan, and bring to a simmer over medium heat.
2. Cook uncovered for about 45 minutes or until the overall volume has reduced by about one third.



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### Nutrition Facts

**Serving size 1** (6.4oz)

Amount Per Serving	<b>180g</b>
<b>Calories</b>	<b>65</b>
<b>% Daily Value</b>	
<b>Total Fat</b> 1.4g	<b>2%</b>
Saturated Fat 0.6g	<b>3%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 539mg	<b>22%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
<b>Dietary Fiber</b> 2g	<b>9%</b>
<b>Sugars</b> 6g	
<b>Protein</b> 3g	<b>6%</b>
Vitamin A	<b>217%</b>
Vitamin C	<b>7%</b>
Calcium	<b>9%</b>
Iron	<b>3%</b>