

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

1/2 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.



Share your healthy eats
with us @Wellbeats



Contemporary Pasta Sauce

NUTRITION FACTS

Serving size 1 (6.4oz)

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