

Cherry Tomato Marinara Sauce with Ayurvedic Modifications

Betty Brown

Ingredients

- 2 Tbsp. virgin olive oil
- 4 garlic cloves, minced
- 1 medium sweet onion or red onion, diced
- ½ cup diced fresh mushrooms (optional)
- 1 small carrot, diced*
- 1 Tbsp. Italian Seasoning Spice Blend **
- 1 tsp. oregano (or 2 tsp. fresh oregano)
- 1 tsp. Thyme (or 2 tsp fresh thyme)
- pinch of saffron thread (optional)
- ½ tsp Doshic Spice Blend
- 4 cups cherry tomatoes, quartered (2 pints or 1 quart)
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 1 Tbsp. ghee (or olive oil)
- 1/4 cup lightly packed fresh basil leaves, torn into small pieces
- 1 lb pasta of your choice
- Fresh basil for topping -optional

Process:

1. Start to boil a large pot of water to cook your pasta, when water is boiling, cook pasta according to directions on package.
2. Take cherry tomatoes and place in a blender, and blend on low until it is roughly chopped. May add 2-3 TBSP water. Set aside.
3. In a medium size pot, heat olive oil over medium-low heat. Add the garlic and onions, and sauté 1 minute or until fragrant but not turning brown. Add diced mushrooms and carrots and sauté until carrots are soft.
4. Add remaining spices and sauté for 7 seconds.

5. Add the blended cherry tomatoes to pot and cook for about 30 seconds. Then add ghee and cook for another 30 seconds.
6. Add salt and black pepper to taste.
7. Cook cherry tomato marinara sauce for another 2-3 minutes.
8. Then take the chunky tomato marinara sauce and place it in the blender. Blend until it is smooth and creamy.
9. Place back into pot and warm up on lowest setting. Add extra salt and black pepper to taste.
10. Ready to serve over your favorite pasta.
11. Sprinkle with torn basil before serving.

Notes:

* Add additional fresh vegetables such as diced zucchini, bell peppers, greens such as spinach. Saute them in a separate pan in olive oil and Italian Seasoning Spice Blend, then add to the finished Cherry Tomato Marinara sauce (step 9)

**** Italian Seasoning Spice Blend Recipe**

Ingredients

- 3 teaspoons dried oregano
- 2 teaspoon dried marjoram
- 2 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary
- 1 teaspoon dried sage

Process:

- Mix all ingredients together and enjoy.
- Store in an airtight container and store in a dark and dry environment, such as your pantry. Dried spices will last up to 1 year depending on storing conditions. Best to make smaller quantities to ensure freshness.

Doshic Variations:

Vata and Kapha: may add ½ -1 teaspoon of chili peppers

Pitta: add 1 teaspoon of dried parsley and 1/2 teaspoon of dried peppermint

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