
BEET PASTA

**To prevent beet juice stains, be sure to wear disposable gloves, and use a cutting board that is stain-repellant.*

INGREDIENTS:

- 3 medium sized beets, scrubbed and peeled*
- Spaghetti sauce of choice, see below for recipe

DIRECTIONS:

1. Use a spiralizer to make pasta strands out of beets.
2. Blanch beet strands in boiling water for 5-7 minutes until desired texture is reached.
3. Shock strands by placing them in an ice bath for up to a minute after cooking.
4. Place beet pasta back in pot and add pasta sauce. Simmer for a few minutes until warmed through.
5. Plate and garnish with vegan parmesan cheese and fresh basil.



SPAGHETTI SAUCE

INGREDIENTS:

- 1 28 ounce can of crushed tomatoes, including the juice
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 teaspoons dried fennel
- 1 tablespoon Italian seasoning
- 1/2 teaspoon salt, to taste
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon sugar, to taste
- 3-4 tablespoons extra virgin olive oil
- Fresh basil leaves, rough chopped
- 1/2 - 1 cup water, added gradually



DIRECTIONS:

1. Warm extra virgin olive oil over medium heat in a large non-stick skillet.
2. Add onion and cook 3-5 minutes, until soft and translucent.
3. Add garlic and cook 30-60 seconds.
4. Add all other ingredients, except for fresh basil, and bring to a boil.
5. Reduce heat to low, cover, and simmer for 20-25 minutes, or until sauce has thickened.
6. Remove from heat and stir in fresh basil before serving over cooked pasta.