



# Beet Pasta Sauce

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Made with goat and ricotta cheese and roasted beets, this creamy vegetarian sauce is super easy and delicious.

**Course** Condiment, Main Course, Side Dish  
**Cuisine** American

**Prep Time** 10 minutes  
**Cook Time** 20 minutes  
**Total Time** 30 minutes  
**Servings** 6  
**Calories** 455kcal  
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## Equipment

- Blender

## Ingredients

- 16 ounces pasta of choice
- 2 tablespoons extra virgin olive oil divided
- 1 cup diced onion
- 2 cloves garlic minced
- 8 to 10 ounces roasted beets about 3 small beets; can also use canned beets
- ¼ cup reserved pasta water don't forget this!!
- ¾ cup ricotta cheese whole or part skim
- ½ cup goat cheese
- 3 tablespoons lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

## Instructions

1. Bring a pot of salted water to a boil. Cook the pasta according to package instructions. Reserve about a cup of pasta water before draining the pasta.
2. While the pasta cooks, warm a tablespoon of the olive oil in a skillet over medium heat. Add the onion and cook for a few minutes until softened. Stir in the garlic and cook for another couple of minutes. Remove from heat.
3. In a blender, combine the onion and garlic, beets, ricotta and goat cheese, lemon juice, salt, pepper, the other tablespoon of olive oil, and ¼ cup of pasta water. Blend until smooth and creamy. If needed, add a few more dashes of pasta water to thin the sauce to your desired consistency.
4. Toss the cooked pasta in the beet sauce. Serve, and enjoy!
5. **Leave a rating or review by tapping the stars on this recipe card (above) or in the comments section (at the end of the post)!**

## Notes

- This recipe yields about 3 cups sauce. You can make the sauce in advance and store in a sealed jar in the fridge for up to 5 days. Reheat in a saucepan when you want to serve it.
- You can also freeze the sauce. Let it cool completely and transfer to a freezer-safe container. Seal, label, and freeze for up to 6 months.

## Nutrition

Serving: 1.5cups | Calories: 455kcal | Carbohydrates: 64g | Protein: 18g | Fat: 14g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 24mg | Sodium: 325mg | Potassium: 381mg | Fiber: 4g | Sugar: 6g | Vitamin A: 346IU | Vitamin C: 7mg | Calcium: 121mg | Iron: 2mg