

# Marinara Sauce

## Ingredients

1060ml plain marinara sauce  
4 tablespoons balsamic vinegar  
1 tablespoon garlic (minced)  
1 ½ cups onion (diced small)  
1 cup carrot (diced small)  
3 cups mushrooms (sliced)  
3 cups eggplant (peeled, diced small)\*Don't use really seedy part  
2 ½ cups cauliflower (chopped small)  
1 cup red pepper  
1 teaspoon fennel seed  
½ teaspoon cinnamon  
¼ cup olive oil  
1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon chili flakes  
½ cup Port (not necessary but super delish!)

## Method

If you do not want to chop all of the ingredients by hand, you can use a food processor to chop all of the ingredients separately, except for the eggplant, which needs to be cut by hand. Be sure to PULSE the veggies in the food processor in order to get the right texture.

Heat the olive oil in a large pot and add the garlic and onion and sauté until onions are translucent. Add the rest of the veggies and sauté until veggies begin to release their water and soften a bit. Add the remainder of the ingredients along with the Port if you are using it. Simmer with the lid on for about 30 to 40 minutes. Remove from the stove and stir in 2-3 more tablespoons of olive oil, season if needed.