

Loaded Veggie Carrot Dogs

MARINADE

½ cup soy sauce or coconut aminos

½ cup filtered water

2 Tbsp rice vinegar

1 Tbsp apple cider vinegar

2 tsp liquid smoke

4 garlic cloves, minced

1 tsp black pepper

½ tsp onion powder

½ tsp smoked paprika

DOGS

4 large carrots (thick like a hot dog)

4 whole grain hot dog buns

*for serving – lettuce, onions, jalapenos, corn, chili, mustard, ketchup, mayo, tomatoes, pickles and whatever else you like!

Directions: First, bring a medium pot of water to a rolling boil. Peel the carrots and cut the ends off so they resemble hot dogs and can fit into the buns. Boil for 10-15 minutes. The time varies depending on the thickness. When you can easily stick a fork in them they are done. Just make sure it's before they start falling apart! Fork-tender, not mushy. Mix your marinade in a shallow dish and then add your carrots. Cover and set in the fridge for 24 HOURS. The next day, pull them out and heat them in a cast-iron skillet with about 3 Tbsp of the marinade over med-high heat. Cook for about 5-10 minutes, turning them often. Then serve them immediately with your buns and any other fixins.