



Prep Time:
2 hours, 10 mins

Cook Time:
18 mins

Ready In:
2 hours, 28 mins

Servings: 4

Ingredients

- 4 organic carrots
- 4 whole wheat buns
- 1 garlic clove, minced
- 1 tsp ginger, minced
- 1 tsp red wine vinegar
- 1/2 tbsp apple cider vinegar
- 1/8 tsp liquid smoke
- 1/4 tsp black pepper
- 1/4 tsp minced onion
- 1/4 cup water
- 1/4 cup soy sauce
- 1 tbsp sesame oil

Directions

1. Peel carrots and cut ends off to fit the size of the hot dog buns.
2. Place carrots in boiling water for 8 mins, or until carrots are fork tender, but not too soft.
3. Remove carrots from boiling water and place into a bowl of cold water to stop cooking process.
4. In a small bowl mix together the soy sauce, red wine vinegar, apple cider vinegar, sesame oil, liquid smoke, water, minced onion, garlic, black pepper, and ginger.
5. Place carrots into a deep dish pan and pour the marinade mixture on top.
6. Place in refrigerator for 2 hours.
7. Once fully marinated, cook the carrots in a cast iron skillet, adding about half of the marinade into the skillet. Heat carrots at medium heat for 10 mins or until the carrots fully brown.
8. Place carrot dogs in a bun and top with your condiments of choice. We used vegan mayo, spicy brown mustard, yellow mustard, ketchup, relish, vegan mozzarella shreds and vegetarian chili. Enjoy!