

Carrot Dogs

Per serving:

Calories 200

Carbs 36.7 g

Fat 2.4 g

Protein 8.5 g

Dietary Fiber 4.0 g

Sugar 11.9 g



4 servings



Prep: 20 mins

Cook: 45 mins

Marinade time: 2 hours minimum



Ingredients

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4 Regular sized Hot dog buns

4 Medium Carrots, peeled, tops and bottoms cut off (can cut into hot dog shape)

For the marinade

1 Cup Vegetable broth

1/2 Cup Low-sodium soy sauce

3 Tbsp. Apple cider vinegar

2 Tbsp. Maple syrup

1 Tsp. Liquid smoke

1 Tsp. Dijon mustard

1 Tsp. Onion powder

1 Tsp. Garlic powder

1 Tsp. Paprika

Directions

1. Boil carrots in water until soft, about 8-10 minutes.
 2. Whisk the marinade ingredients in a bowl while the carrots are cooking.
 3. Once the carrots are done cooking, drain and cool the carrots in cold water.
 4. Place the carrots in a sealable, leakproof plastic bag or a sealable container and cover them with the marinade.
 5. Let the carrots sit in the marinade in the refrigerator for at least two hours or overnight.
- Fry the carrots in a pan on medium heat until brown. To give the carrots more flavour, cook them in a pan with half of the marinade until it evaporates and the carrot dogs are brown.
- 6.

Notes

- Do not overcook the carrots. They will not taste good, not have the right texture, and end up being mushy.
- Eat these hot dogs like a regular one with all the fixings you usually add.
- The carrot dogs can also be cooked on a grill, giving it grill marks or in an air fryer for 5-7 minutes. Cook until browned but not mushy. For both these options, baste with the marinade to add more flavour.

