



# Smoky Carrot Dogs

## Ingredients

4 large carrots, peeled and trimmed to bun length  
4 hot dog buns  
1 tablespoon olive oil  
Salt and pepper to taste

## Marinade

1/4 cup soy sauce or tamari (gluten-free option)  
2 tablespoons apple cider vinegar  
2 tablespoons maple syrup or agave nectar  
1 tablespoon liquid smoke  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon paprika  
1/4 teaspoon ground black pepper

## Optional Toppings

Diced onions  
Pickles  
Mustard  
Ketchup  
Sauerkraut  
Vegan cheese (sliced or shredded)

## Instructions

To prepare the marinade, whisk together soy sauce (or tamari), apple cider vinegar, maple syrup (or agave nectar), liquid smoke, garlic powder, onion powder, paprika, and black pepper. Set aside.

Peel and trim the carrots to fit the size of the hot dog buns. Place the peeled carrots in a shallow dish or a large ziplock bag. Pour the marinade over the carrots, ensuring they are fully coated. Marinate for at least 30 minutes, or up to 4 hours in the refrigerator. Turn them occasionally to coat evenly.

Preheat your grill to medium-high heat. Lightly oil the grill grates to prevent sticking. Remove the carrots from the marinade and reserve the marinade for basting. Grill the carrots for about 5-7 minutes per side, or until they are tender and have grill marks, basting occasionally with the reserved marinade.

While the carrots are grilling, lightly toast the hot dog buns on the grill until they are warm and slightly crispy. Place a grilled carrot in each bun. Add your favorite toppings such as diced onions, pickles, mustard, ketchup, sauerkraut, or vegan cheese.