

# Carrot Dogs

Source: The Easy Vegan Cookbook by Kathy Hester

A perfect swap for hot dogs, try these carrot dogs with your favorite condiments. Vegetarian baked beans are a fun topper to make a chili dog.

## About the Recipe

**149 Calories · 5.4 g Protein · 3.6 g Fiber**

**Lunch · Dinner**

**Gluten-free · Nut-free**

Carrots are rich in beta-carotene!

*Be sure to choose a gluten-free hot dog bun if you are following a gluten-free diet. Not all soy sauces are gluten free, so check the label. Tamari is usually safe.*

## Ingredients

**Makes 4 Servings**

- carrots, cut to fit the buns (4)
- rice vinegar (or apple cider vinegar and a dash of salt) (1/4 cup)
- water (1/4 cup)
- soy sauce (2 tbsp.)
- garlic powder (or 1/2 clove garlic, minced) (1/4 tsp.)
- liquid smoke (1/4 tsp.)
- black pepper (to taste)
- hot dog buns, toasted (4)

## Directions

1. Boil water in a pot large enough for all the carrots. Lower the heat to medium and add the carrots. Cook until just fork-tender—you want them to have a snap

- when you bite into them. Remove from pot and run under cold water.
2. In a container with a tight-fitting lid, combine vinegar, 1/4 cup (60 mL) water, soy sauce, minced garlic (or 1/4 teaspoon [1.2 mL] garlic powder), liquid smoke, and optional black pepper to taste to make the marinade. Tighten the lid and shake until well mixed.
  3. Place the carrots in a container in which they can lie flat. Pour the marinade over them and marinate at least 3-4 hours, and up to 24. The longer they marinate, the more vinegar flavor they take on. If you know you need to leave them longer than a day, cut the vinegar to 1/8 cup (30 mL). If the carrots are very thin, keep the time short.
  4. To serve, put the carrots in a 350 F (177 C) oven, or in a grill pan on a hot grill, until heated through, 10-15 minutes. You can also cook these in your slow cooker in the marinade. You need to check on them so they do not get mushy, so it is not a set-it-and-walk-away affair. Cook until a fork just goes through the carrot but it is still slightly firm.
  5. Serve in a toasted hot dog bun or wrapped in a lettuce or collard leaf, and pile on your favorite toppings, including mustard, relish, tomatoes, onions, sprouts, purple cabbage, and peppers.

## Nutrition Facts

*Per carrot dog*

**Calories:** 149

**Fat:** 1.6 g

**Saturated Fat:** 0.3 g

**Calories From Fat:** 9.8%

**Cholesterol:** 0 mg

**Protein:** 5.4 g

**Carbohydrate:** 27.9 g

**Sugar:** 5.6 g

**Fiber:** 3.6 g

**Sodium:** 516 mg

**Calcium:** 82 mg

**Iron:** 1.8 mg

**Vitamin C:** 3.6 mg

**Beta-Carotene:** 5,054 mcg

**Vitamin E:** 0.6 mg