

Carrot Dogs

Ingredients:

- 10 medium carrots peeled
- 2 cups water
- ¼ cup Bragg's liquid aminos/soy sauce
- ¼ cup vegetable broth
- ¼ cup red wine vinegar
- 2 TBSP liquid smoke
- 2 TBSP minced garlic
- 2 TBSP maple syrup
- 2 TBSP ketchup or 1 TBSP tomato paste
- 2 TBSP vegan Worcestershire

Directions:

Pressure Cooker:

1. Prepare carrots. You may want to shape them to be bun length.
2. Make the marinade by mixing everything together in the pressure cooker. Stir well.
3. Add carrots and bring to high pressure. Cook for 3 minutes.
4. Let it naturally release pressure or manually release after 10 minutes.

Stovetop:

1. Boil 2 cups of water in the skillet. Add carrots, cover and simmer for 8-10 minutes or until fork tender.
2. Prepare marinade in a small bowl. (do not add water)
3. When carrots are cooked, drain in a colander and rinse with cold water to stop the cooking process.
4. Place carrots in an air-tight container or a zip style plastic bag. Place in refrigerator and allow to marinate 6-24 hours.
5. Place carrots and a few tablespoons of marinade in a skillet, and cook, allowing marinade to caramelize the carrots.
6. If you prefer, you can bake the carrot dogs in their marinade 10-15 minutes, turning halfway.

*** serve just like a hotdog! Buns, ketchup, mustard, vegan mayo, sriracha, diced onions and pickles. We also love salsa, black beans, guacamole and roasted potatoes and bell peppers!