

Carrot Hot Dogs

Serving: 4

Ingredients

- 4 **carrots** (*cut to bun length*)
- 2 T. **rice vinegar**
- 1 T. **apple cider vinegar**
- 2 T. **Bragg's liquid aminos** (*or soy sauce*)
- $\frac{1}{4}$ cup **vegetable broth** (*or water*)
- 2 tsp. **yellow mustard**
- 1 tsp. **onion powder**
- 1 tsp. **garlic powder**
- 2-4 dashes **liquid smoke**

Directions

Steam carrots until fork tender, but do not overcook.

Combine remaining ingredients in zip lock bag or flat casserole pan. Add carrots and marinate for 24-48 hours.

Enjoy cold or transfer carrots to the grill or place in a skillet and simmer until juices evaporate.

