



## CARROT DOGS VEGAN RECIPE

BY CHEF DAVE ROLLS, @CHEF4HEALTH

## INGREDIENTS

- 6-8 large carrots. Peeled & shaped (round off the ends)

### Marinade

**Prepare in a glass container that can be covered. Mason jars work really well.**

- 1 cup vegetable broth
- ¼ cup Apple Cider Vinegar
- 2 TBSP Maple Syrup
- 1 tsp liquid smoke
- 2 TBSP Amino Acids or low sodium soy sauce
- 2 teaspoon Worcestershire sauce
- 2 tsp paprika, mustard powder, onion powder
- 1 tsp coriander, garlic powder

Mix well

Tsp = Teaspoon    TBSP = Tablespoon

## INSTRUCTIONS

1. Steam prepared carrots for 10-15 minutes. Carrots should bend a little without breaking.
2. Put cooked carrots into glass container and marinate for at least 2 hours. 2 days is even better. 1 week is max.

Prepare grill or pan to medium high heat. Grill carrots until heated through and have a nice char. 5-10 minutes

Make them pretty. Let me know how I did. @chef4health

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