



Vegan Sweet 'n Smoky Barbecued Carrot Hot Dogs

Chicago Style – “dragged through the garden”

6 medium-sized fresh carrots, washed, peeled, trimmed
2 to 2-1/2 Tablespoons avocado oil or spray, divided
3 teaspoons sweet and smoky seasoning barbecue rub
1/2 cup tahini
1/2 cup chili sauce
6 (6 inch) Vegan hot dog buns, partially split
6 Tablespoons sweet relish or as desired
chopped onion as desired
3 dill pickle sandwich slices, halved lengthwise
2 red plum tomatoes, seeded, cut lengthwise into 6 wedges
Yellow mustard as desired

Preheat oven to 425-degrees F. Foil-line a baking sheet with sides; place 1 Tablespoon oil over the pan; set aside.

Prepare Carrots: Peel and trim stem and root from carrots. Place on a plate; toss with 1/2 Tablespoon oil; sprinkle with seasoning rub, coating the carrots with spice rub. Transfer carrots to the baking pan; sprinkle any remaining seasoning rub over the carrots.

Bake Carrots in preheated 425-degrees F oven for 10 minutes; turn carrots over; spray carrots with oil; return to oven; bake for 10 minutes or until carrots are very tender when tested with a fork. (It is important that the carrots are soft.) Remove from oven; turn carrots over; set aside to cool. Trim carrot length to fit buns.

Toast Buns: Place slightly opened buns on baking sheet; bake in 400-degree F oven for 5 minutes or until lightly toasted.

Prepare Barbecue Chili Spread:

In a medium sized bowl, stir tahini and chili sauce until smooth. Set aside.

Assemble Carrot Hot Dogs:

For Each: Spread 2 Tablespoons Barbecue Chili Spread over the inside bottom of each bun; place one cooked carrot in center of spread; spoon about 1/2 Tablespoon pickle relish on each side of carrot; sprinkle with onions if desired; place 1 dill pickle slice on one side and two tomato wedges on the other side of the carrot. Drizzle zigzag line of mustard over the center carrot hot dog.

Serve with potato chips as a side if desired. Serves: 6 vegan hot dogs

Cook's Note: This recipe, grilling carrots and toasting the buns, can be prepared on a grill. Test carrot tenderness by forking in multiple spots, as size variation could affect cooking time. Cooking on a grill pan would make grilling the carrots easier.

About the Recipe: Toasted buns slathered with Barbecue Chili Spread holds the barbecued carrots, just like a hot dog. Then coat with sweet green relish, crunchy onions, sliced garden-fresh tomato wedges and a dill slice and drizzle with mild golden mustard. Let some crunchy potato chips join the party and discover how delicious vegan hot dogs can be.