

Smoky Carrot Dip

Source: Bon Appetit, Better Vegan Category: Vegan Appetizers
Prep Time: 15 min Cook time: 1 hour Total Time: 1 hour 15 min
Serves 12 to 14

*Vegan / Gluten Free / Refined Sugar Free / Grain Free / Soy Free /
Keto Friendly
Contains nightshades*



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Recipe Link:

<https://www.betterveganrecipes.com/smoky-carrot-dip>

Ingredients:

1/2 cup skin-on raw almonds
2 lbs. carrots, trimmed and peeled
2 Tbsp. avocado oil
1/2 cup extra-virgin olive oil
2 1/2 tsp. pink Himalayan salt, divided, plus more
2 garlic cloves
1/2 cup canned chickpeas, drained
3 Tbsp. (or more) lemon juice
1/8 tsp. black pepper or to taste
1 1/2 tsp. smoked paprika
1/2 cup coarsely chopped parsley, plus leaves for serving
1/4 cup filtered water

Instructions:

1. Prepare the ingredients.
2. Adjust oven rack to middle position and heat oven to 350 degrees. Line baking sheet with parchment paper. Place almonds on the baking sheet and toast in the oven, tossing halfway through, until slightly darkened and fragrant, 8-10 minutes. Place in a small bowl and let cool; set aside.
3. Cut any thick carrots in half lengthwise, then slice all carrots crosswise into 4 pieces. Make sure all the pieces are about the same size; that will allow them to cook evenly. Toss the carrots with 2 tablespoons avocado oil and 1 teaspoon salt. Spread out evenly on the same parchment lined baking sheet and roast, stirring once or twice, until very tender and starting to shrivel and brown (but not char), about 1 hour.
4. Transfer carrots to a food processor; add the remaining ingredients and process, adding more oil and/or water as needed, until mixture is almost completely smooth. Taste dip and add more lemon juice and/or salt if needed.
5. Transfer dip to a small bowl, drizzle with more oil, and top with parsley leaves. Serve.

Notes:

Dip can be made 1 week ahead. Cover and chill.

Equipment needed:

Food processor

Baking sheet

Serving suggestion:

Serve with crudites, vegan gluten-free crackers or bread.