

# HOMEMADE BEEF JERKY

(Standard and Maintenance Plans)

This beef jerky is a great way to bring protein on the road or to add variety at meals. Making your own jerky is fun and provides a tasty, satisfying chew that is much less expensive than healthy store-bought brands. Slicing your beef against the grain will help make it less tough, too. You can always start with 1-lb. of beef and cut the other ingredients to 1/3 to make a small batch and see how you like it. Since the water is pulled out of the beef and is denser, one serving is 2-oz. and covers your protein for one meal.



## INGREDIENTS

- 3-lbs. beef eye of round, bottom round, top round or sirloin
- 3/4 cup coconut aminos or Tamari (gluten-free soy sauce)
- 3 tsp. garlic powder
- 3 tsp. onion powder
- 3 tsp. Pink Himalayan salt
- 3 tsp. black pepper
- 3 Tbsp Swerve Brown
- 1-1/2 tsp. crushed red pepper (more or less to taste)

1-1/2 Tbsp Worcestershire Sauce (optional, for maintenance)

## **INSTRUCTIONS**

Place beef in freezer until semi-frozen to make for easier slicing. Trim any excess fat and slice beef into uniform pieces (approx. 1/8"). Place into a large bowl.

In a large glass measuring cup or bowl, add the coconut aminos, garlic and onion powders, salt, pepper, Swerve Brown, crushed red pepper and Worcestershire (if using) mix. Pour over beef and mix well. Allow to marinate in the refrigerator for 3-24 hours. Flavor intensifies with more time.

### IN A DEHYDRATOR

Spread marinated beef out on dehydrator trays and set the temperature to 160°. Allow to run for 3-4+ hours. Rotate the trays every hour for even heating. Check every half hour after 3 hours. Depending on the size of the slices, cook times will vary. You want the jerky to be firm and dry but still pliable, not brittle.

### IN THE OVEN

Preheat oven to 175°F. Line large baking sheets with foil and place in an oven-safe, non-stick cooling rack on top. Arrange beef in a single layer on the rack.

Bake for 3-4+ hours, checking every half hour after 3 hours. Turn the beef over after 2 hours. Depending on the size of the slices, cook times will vary. You want the jerky to be firm and dry but still pliable, not brittle.

Cool jerky completely and store in the refrigerator in an air tight container.