



Recipes from Our Kitchen to Yours

Grassfed Beef Jerky

3 lbs.	Grassfed Beef
1/4 C	Lite Soy Sauce
1/2 C.	Teriyaki or Worcestershire Sauce
2 Tbl.	Liquid Smoke (optional)
1 Tbl.	Ketchup (optional)

OPTIONAL:

¼	to 1 tsp. Lemon Pepper or Salt
1	tsp. Garlic Powder
1	tsp. Onion Powder
1	tsp. Ground black pepper

While meat is partially frozen, trim fat & sinew. Cut meat into strips ¼ to 1/8 inch wide. Cut with the grain for chewy jerky & against the grain for more tender jerky. Prepare marinade from remaining ingredients. Combine marinade & meat in a non-metal container. Seal & refrigerate overnight. The following day, drain meat on a rack then pat dry. Bake on oven rack at 150 degrees to 175 degrees for 10 – 12 hours. Keep oven door slightly ajar. If you have a dehydrator bake at 145 degrees for 8-10 hrs. If there is any moisture left in meat, it will mildew. Make sure beef is completely dried.