

Clean Homemade Beef Jerky

Ingredients:

- 2 pounds grass-fed beef flank or top round (sliced 1/4 inch thick against the grain)
- 2/3 cup coconut aminos (instead of soy sauce - gluten-free magic!)
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon crushed red pepper (optional, for some mama heat!)
- 2 tablespoons honey or maple syrup (for that touch of natural sweetness)

Instructions:

1. In a bowl, whisk together coconut aminos, sea salt, garlic powder, onion powder, ginger, paprika, red pepper, and honey/maple syrup.
2. Add beef slices and toss to coat. Cover and marinate in the fridge for 8-24 hours.
3. Preheat your oven to 175°F (or use a dehydrator if you have one). Line a baking sheet with a wire rack.
4. Lay beef strips on the rack in a single layer.
5. Bake for 3-4 hours, flipping halfway through, until the jerky is dry but still bendable.
6. Let cool completely, then store in an airtight container. (Good luck - it usually disappears within minutes!)

Healthy Tip:

Beef jerky is a fantastic protein-packed snack - just skip the sugar bombs and additives in store-bought versions. With this recipe, you know exactly what's going into your body!