

Simple Beef Jerky Recipe

<https://moneysmartfamily.com/money-saving-tips/snack-recipes-family-favorites/#jerky>



This is a fantastic tasting snack recipe. Whenever we make it, much of the finished jerky never makes it into storage — it disappears right as it comes out of the oven.

Ingredients:

Start with 1 London broil, approximately 2 pounds. When meat is partially thawed, slice with a very sharp knife. Cutting when the meat is partially thawed will help you cut it more evenly. Cut strips no more than 1/4 in. thick.

Mix the following ingredients:

- 2/3 cup soy sauce
- 2/3 cup Worcestershire sauce
- 1 Tbs. salt
- 2 Tbs. brown sugar
- 1 tsp. black pepper
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1-2 Tbs. Liquid Smoke (depending on your taste)
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Directions:

Marinate the meat in a double plastic zippered bag—just in case one leaks the other will keep it from making a mess (learned the hard way)—or a large plastic storage container (the best is a large Tupperware marinader). Let it sit in the refrigerator for a day or two—the longer it sits, the more flavor your jerky will have. Flip or mix the meat often to guarantee that all pieces are evenly soaked.

When ready to dry, place a cooling rack on top of a cookie sheet and then lay the strips of meat across the slats on the rack. Place the meat close together, to fit as much as you can on each rack. Make sure that none of the pieces are touching. Set oven to 150°-170° and cook for 3-5 hours. Keep checking and flipping pieces as they get dried out. When finished the meat should be a bit rubbery and have a reddish brown look. If it looks almost black, you've overcooked it. It will still be edible, but much drier and tougher.

We stock up on London Broil when it is on sale. Finished jerky is usually 1/2 the weight you start with.