

## RECIPE

# Sugar-Free Garlic Jerky



Ready in **30 hours**

Yields **6 oz**

## Ingredients

- 1 pound of lean beef
- 1 Tbsp fresh minced garlic
- 1 tsp Baja Gold Sea Salt

## Preparation

1. Clean fat and connective tissue from your selected cut of beef
2. Slice into manageable pieces that compliment the grain. This will make it easier to cut against the grain creating 3-4 inch strips of beef for jerky
3. Cut ¼-inch thick strips from the manageable pieces
4. Gather the remaining ingredients and measure
5. Combine all ingredients thoroughly and cover
6. Place in the refrigerator for 12-24 hours.
7. Remove from the fridge and mix thoroughly
8. Place in a dehydrator for 4-8 hours. **Do not check until 4 hours**
9. After 4 hours begin to check if the jerky is dry enough. You will know it is done when its grain pulls apart when bent in half but doesn't snap. " if it is too dry it will be ok but a bit harder to chew
10. Cool & Enjoy!