

Soft & Tender Homemade Beef Jerky

Hands-on 15 minutes Overall 5-6 hours



Nutritional values (per serving, 2 slices): Total carbs: 0.5 g, Fiber: 0.1 g, **Net carbs: 0.4 g,**

Protein: 10.8 g, Fat: 12.5 g, Calories: 161 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 16 slices, 8 servings)

- 500 g minced (ground) lean beef (1.1 lb)
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp coarse black pepper or 1/4 tsp fine black pepper
- 1 tsp salt (I like [pink Himalayan](#))
- 1 tbsp [coconut aminos](#)

Optional: 1/2 tsp red pepper flakes

Recommended: Since your oven will be on for 4-5 hours, make 2-3 batches at once!

Try with:

- [Guacamole](#)
- [Baba Ganoush](#)
- [Cheesy Low-Carb Dip](#)

Instructions

- Place all the ingredients in a bowl: minced meat, onion powder, garlic powder, paprika, black pepper, salt and coconut aminos. Mix using your hands.
- Place the meat mix on top of a strong parchment paper or a [heatproof baking mat](#) and press down using your hands to flatten. Use a rolling pin and roll out until you get a rectangular shape, about 1/4 inch (1/2 cm) thick.
- Pre-cut the jerky into thin slices using a pizza cutter. Place in the oven preheated to 90 °C/ 190 °F and cook for 4-5 hours, until dry. Drain the excess juices every 2 hours. Flipping the jerky on the other side half way through the cooking process will speed up the drying. *If you decide to make two batches of beef jerky, make sure you use two baking sheets - each for one batch. You could also use a dehydrator and dry on a higher temperature setting.*
- When done, remove from the oven and let it cool down for 5

minutes. Using a pizza cutter, slice the pre-cut jerky. Let it cool down at room temperature. **Storage:** Properly dehydrated jerky is travel-friendly. Keep it in a sealed jar or a Ziploc bag at room temperature for to 3-4 months.

- Eat by itself or with low-carb dips like [Guacamole](#), [Baba Ganoush](#) or [Cheesy Low-Carb Dip](#). You can reserve the meat juices for cooking - it will add flavour to your meals! Simply pour in a jar and keep refrigerated for up to a week.

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