

The Best Low-Carb Homemade Beef Jerky

Hands-on 20 minutes Overall 12 hours

Nutritional values (per serving, 57 g/ 2 oz): Total carbs: 2.8 g, Fiber: 0.5 g, **Net carbs: 2.4 g,**

Protein: 30.2 g, Fat: 7.7 g, Calories: 209 kcal,

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



Ingredients (makes about 450 g/ 1 lb jerky)

1.1 kg lean beef such as skirt, flank, brisket, top round or sirloin (2.5 lbs) - *the leaner the meat, the better*

1/2 cup [coconut aminos](#) or tamari sauce (120 ml/ 4 fl oz)

2 tbsp [fish sauce](#) or more [coconut aminos](#) (30 ml)

1 tbsp [coconut vinegar](#) or apple cider vinegar (15 ml)

2 tsp onion powder

2 tsp garlic powder

1 tsp smoked paprika

1 tbsp coarse black pepper

1-2 tsp smoked sea salt or plain sea salt (*I used 2 tsp*)

2 tbsp brown sugar substitute such as [Sukrin Gold](#) or just use [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)

Optional: 1 tbsp chile pepper flakes or 1/2 tsp cayenne pepper

Instructions

1. Before you slice the meat, place it in the freezer for 1 to 2 hours. The aim is to part-freeze it so that it's easy to slice really thin.
2. Once ready, use a sharp knife and slice the meat into long strips as thin as you can. I slice mine to less than 1/2 cm (1/4 inch). You can also ask your butcher to slice it for you. *Note: Slice the jerky to your preference. Slicing the meat against the grain will result in jerky that is easier to chew as it will break more easily as you chew it. If you slice it with the grain, it will be more chewy and harder to break apart.*
3. Prepare the marinade by mixing the coconut aminos, fish sauce, coconut vinegar, onion powder, garlic powder, smoked paprika, freshly ground coarse black pepper, smoked salt and brown sugar substitute. Optionally, add chile flakes or cayenne pepper if you want to add some heat.
4. Use a baking tray deep enough to fit all the meat. Brush the bottom of the tray with some marinade. Place the first layer of the meat

slices inside the tray and brush the tops with the marinade.

5. Place another meat layer on top and brush again with more marinade.
6. Repeat until all of the slices are in the tray. Cover with a cling film. Place in the fridge for 8 hours to marinate, or ideally overnight.
7. When the meat is ready, preheat the oven to 70 °C/ 160 °F (fan assisted), or 90 °C/ 195 °F (conventional). Lay the slices on clean racks (or a heatproof wire rack or a mesh net tray) and transfer into the top part of the oven. *Note: Keeping the oven door slightly open will help dehydrating the meat without cooking it. A wooden spoon or a crunched can inserted in the top of the door work best. Thanks to [The Art of Manliness](#) for this great tip!*
8. Place a baking tray in the bottom section of your oven ready to collect all of the juices dripping from the meat (otherwise your oven will get really messy).
9. Dehydrate for 3 to 4 hours. The exact time depends on the thickness and position of the racks. The top rack will dehydrate faster than any racks below as the juices will drip down.
10. The jerky is done when it's dry and it snaps when you bend it. Remove the jerky from the oven and let it cool down. You can leave it out for up to 24 hours. The longer you leave it, the drier it will get. **Storage:** Properly dehydrated jerky is travel-friendly. Keep it in a sealed jar or a Ziploc bag at room temperature for 3-4 months.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

Free & premium keto diet plans