

## BEEF JERKY

**Time: 20 minutes (plus marinating and dehydrating time)**

**Serves: 8**

### Ingredients:

100g soy sauce  
100g apple cider vinegar  
80g honey  
6g salt  
2g fresh ground black pepper  
2g onion powder  
4 cloves garlic - finely chopped or grated  
2kg extra lean beef heart or roast - trimmed and sliced 5mm thick

### Preparation:

In a large bowl, whisk together all ingredients except beef.

Add beef to the bowl and toss to evenly coat all slices.

Place beef and marinate in a large freezer bag. Remove excess air and seal. Refrigerate overnight or up to twenty-four hours.

Place beef slices on dehydrator rack in a single layer and discard excess marinade.

Dehydrate at 80C for ten hours or until the beef reaches the desired texture.

### Nutritional Information Per Serving:

Calories: 250	<b>Hand-Size Portion Guide</b>
Fat: 10g	Palms of Protein: 2
Carbs: 1g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 44g	Thumbs of fat: 0