



Grass-Fed Ground Beef Jerky Recipe

This simple, jerky is inexpensive with no additives.

Ingredients:

- ☐ 4 lbs grass-fed ground beef
- ☐ 2 tablespoons salt
- ☐ 2 teaspoons black pepper
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons smoked paprika
- ☐ ½ teaspoon cayenne pepper

Instructions:

1. **Prepare the Meat:** In a large bowl, thoroughly mix the ground beef with the salt, black pepper, garlic powder, smoked paprika, and cayenne pepper until the spices are evenly incorporated.
2. **Portion and Flatten:** Divide the seasoned meat into three equal portions.
 - Place one portion of the meat on a sheet of parchment paper. Flatten it with your hands or a rolling pin to about ¼ inch thick.
3. **Score the Meat:** Using a knife, lightly score the flattened meat into strips or squares to make it easier to break apart after dehydrating. Be careful not to cut all the way through.
4. **Flip and Transfer:** Place a dehydrator tray on top of the scored meat. Then, carefully flip the meat and parchment paper over onto the tray.
 - Gently peel away the parchment paper, leaving the flattened and scored meat on the tray.
5. **Dehydrate:** Set your dehydrator to 165°F (74°C). Dry the jerky for 8 to 12 hours, checking after 8 hours to see if it reaches your preferred texture. The jerky should be dry but slightly flexible.
6. **Cool and Store:** Once dried to your liking, remove the jerky from the dehydrator and let it cool completely.
 - Break the jerky along the scored lines and store it in an airtight container. For longer shelf life, refrigerate the jerky.

Note:

- Venison and other game work well too.
- Find oven instructions if you don't have a dehydrator: [Wellness Mama](http://www.wellnessmama.com)

Find these ingredients, recipes and more at www.willowhavenfarm.com