



SIMPLE BEEF JERKY

June 12

National Jerky Day

INGREDIENTS

- 1½ Pounds Flank Steak (partially frozen)
- ½ Tablespoon Salt
- ½ Teaspoon Black Pepper
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Chili Powder

DIRECTIONS

1. Preheat the oven to 225°. Line two large, rimmed baking sheets with parchment paper.
2. Unfold the steak and place it on a cutting board. Using a sharp knife, cut the steak crosswise, against the grain (so that you sever the tough, thin fibers you can see on the steak) into (18) 2-inch-wide strips.
3. You want the strips to be around ⅛-inch thick, so if they are thicker, slice each strip lengthwise into two thinner, ⅛-inch-thick strips. This is easier to do if the meat is partially frozen.
4. Allow the meat strips to rest at room temperature for about 15 minutes so that they fully defrost and become more pliable. Then, arrange them in a single layer on a cutting board, cover them with cling wrap, and use a meat pounder to pound them so that they are thinner and more even in thickness.
5. Place the beef strips in a large bowl. Add the salt, pepper, garlic powder, and chili powder. Toss with your hands until the meat is thoroughly coated.
6. Arrange the meat pieces on the two prepared baking sheets, not touching each other. Bake for 3 hours, rotating the position of the baking sheets midway through baking, until the beef is browned and dry.
7. Remove the beef strips to a cooling rack placed on a tray or foil (to catch any drips). Allow them to cool and dry for about 30 minutes before enjoying them.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

16 Ounces

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce	½ Ounce	1 Ounce	1 Ounce