



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Beef Jerky

1g NET Carbs (Low Carb Keto)

One of the best Low Carb Keto Beef Jerky.
It's a snack you just can't get enough off.
The can of Zevia worked perfectly for taste and
sweetness.



NUTRITION

Yields 4 servings

Per Serving - 1g Net Carb 1g Total Carbs 0g Fiber 43g Fat 14g
Protein 443 Calories

INGREDIENTS

- 1 can Cola Zevia
- 3 lbs Beef
- 1/4 cup Soy Sauce
- 1/4 cup Worcestershire sauce
- ¼ cup Apple Cider Vinegar
- 3 tbsp liquid smoke
- 1 tsp garlic powder

- 1 tsp Onion powder
- 1 tsp Red Pepper Flakes
- 3/4 tsp Paprika
- 1/2 tsp ground ginger
- 1/2 tsp black pepper
- Optional – 30 Drops of Liquid Stevia

Instructions:

1. Cut into thin strips
2. Add all ingredients to bowl and mix
3. Add beef strips to a resealable bag then pour in wet mixture.
4. Place bag in a bowl to help prevent spoilage.
5. Store in fridge for 4-18 hours. I prefer overnight.
6. Use paper towel to pat dry each strip.
7. Place on dehydrator rack giving space between each piece or place on a baking rack if using the oven. Have a baking sheet under the baking rack to catch marinade from the beef
8. Turn on Dehydrator and rotate racks every hour. If using oven, turn oven to lowest temperature 150F or 175F and bake for 4 - 4.5 hours, checking every hour and removing the thinnest pieces when cooked. Enjoy!