

# Basic Beef Jerky

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-chilli-dry-indian-recipe>

## Ingredients:

- 2 1/8 pounds beef lean, see the section above
- 1/2 cup soy sauce
- 2 tablespoons worcestershire sauce
- 1 tablespoon honey
- 1 tablespoon chillies dried flakes, adjust to taste
- 2 cloves garlic
- 1 teaspoon ground pepper coarse

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 160 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 47 grams
7. SaturatedFat: 14 grams
8. Sodium: 2070 milligrams
9. Sugar: 6 grams
10. TransFat: 2.5 grams

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