

Beef Jerky

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 pounds beef boneless, top round, fat trimmed, partially frozen
- 1 cup worcestershire sauce I used Whole Foods brand because other brands have high-fructose corn syrup in the ingredients
- 1/2 cup water
- 4 garlic cloves minced
- 4 teaspoons chile powder
- 2 teaspoons chipotle powder
- 2 teaspoons black pepper
- 1 teaspoon salt
- 1 teaspoon cayenne

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 155 milligrams
4. Fat: 35 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 14 grams
8. Sodium: 1450 milligrams
9. Sugar: 7 grams
10. TransFat: 2.5 grams

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