

Doc's Best Beef Jerky -from Doc the WV Gourmet.com

- 2 pounds beef round steak, cut into thin strips
 - ¼ cup soy sauce
 - 2 Tbsp. Worcestershire sauce
 - 2 Tbsp. liquid smoke
 - 2 Tbsp. brown sugar
 - 2 tsp. salt
 - 1 tsp. ground black pepper
 - 1 tsp. meat tenderizer
 - 1 tsp. garlic powder
 - 1 tsp. onion powder
1. Place beef strips in the bottom of a large bowl. Pour soy sauce, Worcestershire sauce, liquid smoke, brown sugar, salt, pepper, meat tenderizer, garlic powder, onion powder, and paprika over beef. Mix to assure all the meat is evenly coated. Cover and marinate in the refrigerator for 8 hours or overnight.
 2. Remove meat from bowl and place between two pieces of plastic wrap; pound to 1/8-inch thickness.
 3. Arrange the meat strips on the tray of a dehydrator and dry at your dehydrator's highest setting until done to your liking, at least 4 hours. Store in an airtight container or re-sealable bags.
- Tip: Place meat in the freezer for 30 minutes before cutting. Slightly frozen meat will be easier to cut into thin, consistent slices.