

# Teriyaki Beef Jerky

Teriyaki Beef Jerky is a staple snack in our pantry. Tender beef strips marinated in a sweet and tangy homemade teriyaki sauce. I prefer my jerky smoked, but I've included variations for using your oven or dehydrator as well.



★★★★★  
5 from 21 votes

Prep Time  
20 mins

Cook Time  
3 hrs

Total Time  
3 hrs 20 mins

Course: Snacks    Cuisine: American, Asian

Keyword: Teriyaki Beef Jerky    Servings: 8 people    Calories: 264kcal

Author: Susie Bulloch (heygrillhey.com)

## Ingredients

- 1 2-3 pound eye of round roast sliced thin against the grain

### Teriyaki Marinade

- 1 cup soy sauce
- ½ cup dark brown sugar
- ¼ cup rice vinegar
- 1 inch knob fresh ginger sliced
- 4 cloves garlic sliced
- 1 Tablespoon sesame oil
- 1 Tablespoon sesame seeds
- 1 teaspoon black pepper

## Instructions

1. **Marinate the beef.** Transfer the sliced beef to a gallon sized zip top bag and pour in the ingredients for the marinade. Massage the marinade into the meat and refrigerate for at least 8-12 hours, or up to 24 hours.
2. **Preheat your oven or smoker.** Preheat your smoker or oven to approximately 170 degrees F. Follow any preheating or preparation instructions if using a dehydrator.
3. **Smoke the marinated meat.** Remove the meat from the marinade and dry each strip thoroughly by laying on paper towels. Transfer the strips to the grill grate, jerky rack, or cooling rack and smoke/cook for 2-3 hours (depending on the thickness of your slices, some thicker pieces can take 4-5 hours). Check often after the first hour to be sure your jerky is drying evenly. You may need to move pieces around on the grates if some are drying faster than others. You are looking for jerky that is firm and still slightly pliable, but not soft and squishy. If you bend your jerky and it breaks, you've cooked it a little too long.
4. **Steam the jerky, store, and enjoy.** Place the finished jerky in a gallon zip top bag while it is still warm. Don't seal closed all the way. The jerky will steam in the bag slightly and this step will make the jerky moist. The jerky will last 2 weeks in the fridge.

**Nutrition**

Calories: 264kcal | Carbohydrates: 1g | Protein: 38g | Fat: 11g | Saturated Fat: 3g | Cholesterol: 105mg | Sodium: 96mg | Potassium: 591mg | Fiber: 1g | Sugar: 1g | Vitamin C: 1mg | Calcium: 45mg | Iron: 4mg