

ONE BITE

VEGAN MAGAZINE

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Your guide to vegan wine

Epic Vegan Jerky

By Rebecca from Vegan Blueberry

Make your own *amazing* Vegan Jerky with just a few ingredients and simple steps! This smoky, savory creation has plenty of spice and an awesome chewy 'meat'-like texture! A go-to for healthy snacks, camping food, lunches, etc.!

Ingredients

- 1 8oz. Soy Curls or approx. 4 cups dry
- 1/4 cup Braggs Liquid Aminos may sub Soy Sauce but decrease salt if using soy sauce
- 1/4 cup Vegan Worcestershire Sauce
- 1/4 cup Olive Oil
- 2 tsp Chili Powder
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- 1 tsp Cayenne
- 1 tsp Crushed Red Pepper Flakes
- 1/4 tsp Seasoned Salt
- 1 tsp Wright's Hickory Flavor Liquid Smoke

Instructions

1. Preheat oven to 250 degrees and cover baking tray with parchment paper or equivalent.
2. Start by soaking 8oz. of the soy curls (or about 4 dry cups if you're using from a bulk packet) in a large bowl of water for 5-10 minutes.
3. While the soy curls are soaking, gather your ingredients, measure into a med sized bowl and mix together well.
4. Now drain your soy curls well, pressing lightly to remove excess water.



5. Pour the smoky sauce over the drained soy curls and mix well.
6. Spread the soy curls on a parchment covered tray and bake at 250 degrees for an hour, turning approx. every 15 minutes.

Notes

- You can add or subtract 10 minutes to the baking time for just a little more 'chew' or a little softer end result. Just remember, it dries and hardens a bit as it cools so be careful not to bake too long.
- If you like spicy at all, try this recipe as is. If you're a real lightweight when it comes to spice, cut the cayenne and crushed red pepper in half. But don't eliminate them! Really contributes to the flavor, promise!

Storage notes:

- Just to be on the safe side, I keep my jerky in the fridge. I'm sure it would keep in there up to a couple weeks but we haven't been able to make it last that long yet!



About the author...

Rebecca is a former ER nurse now living on a blueberry farm with her family living the sustainable vegan dream. She created the [Vegan Blueberry](#) to document her busy fun-filled life. In favor of fun and simple recipes influenced by her sustainable farm lifestyle, her goal is to create food that will satisfy even the most carnivorous of meat-eaters. Her philosophy is "Health is Wealth" and that a vegan diet should also be an entire lifestyle choice. Her blog will help you in that journey.

