

Classic Vegan Jerky

Classic Vegan Jerky recipe from Vegan Proteins



PREP TIME

30 mins

COOK TIME

2 hrs

TOTAL TIME

2 hrs 30 mins



COURSE

Snacks



SERVINGS

4 servings

CALORIES

129 kcal

INGREDIENTS

- 1 c vital wheat gluten
- 3/4 c water
- 4 Tbsp soy sauce
- 1 Tbsp brown sugar
- 1/2 Tbsp onion powder
- 1/2 Tbsp garlic powder
- 1 tsp liquid smoke
- 1/2 tsp chili powder
- 1/2 tsp black pepper

INSTRUCTIONS

Making Dough

1. Boil a large pot of water.
2. In a large bowl, mix the vital wheat gluten and the water together until fully incorporated.
3. Cut the dough ball into 4 roughly equal pieces.
4. Put the dough balls in the boiling water for 3 minutes and remove with a slotted spoon.

5. Set aside to cool to the point you can handle them.

6. Leave the pot of water boiling.

Preparing the Marinade

1. In a shallow dish or bowl, whisk together soy sauce, brown sugar, onion powder, garlic powder, liquid smoke, chili powder and black pepper until sugar is dissolved.

Making jerky pieces

1. When the dough balls are cool enough to handle, use a serrated knife to make slice them into 1/8 inch slices. They do not have to be perfect.
2. Drop the pieces back into the boiling water for 5 minutes. Remove with slotted spoon, straining any excess water.
3. Let cool until you can handle again.

Assembly

1. Drag each piece of seitan dough through the marinade until coated.
2. Place on either a teflon sheet (if using a dehydrator) or a parchment lined cookie sheet (if using an oven).
3. When all pieces are coated, place the trays in the oven or dehydrator.
4. For the oven, set it to 170°F/76°C or the dehydrator, set it to 160°F/76°C
5. Allow to dehydrate for 1 hour before flipping them. Continue to dehydrate for another hour.

NUTRITION

Nutrition Facts

Classic Vegan Jerky

Amount Per Serving

Calories 129	Calories from Fat 5
% Daily Value*	
Fat 0.5g	1%
Saturated Fat 0.1g	1%
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 0.05g	
Sodium 575mg	25%
Potassium 63mg	2%
Carbohydrates 8g	3%
Fiber 0.3g	1%
Sugar 3g	3%
Protein 23g	46%
Calcium 40mg	4%
Iron 1.8mg	10%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!