

Louisiana HARVEST of the MONTH

Homemade Mushroom Jerky

Home Recipe

Serves: 2
Prep Time: 15 minutes
Cook Time: 2 Hours

Ingredients

- 8 ounces mushrooms (we used about 3 cups of oyster mushrooms)
- ¼ cup coconut aminos or low sodium soy sauce
- 2 tsp rice wine vinegar
- ½ Tbsp chili garlic paste or Sriracha)
- 1 Tbsp sesame oil
- 1 Tbsp brown sugar
- ¼ tsp smoked paprika
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp freshly ground black pepper

Cooking Instructions

- 1) Slice or tear the mushroom caps into desired size. They will shrink when they are cooked.
- 2) Mix coconut aminos, rice wine vinegar, chili garlic paste, sesame oil, smoked paprika, and black pepper, garlic powder, and onion powder in a bowl or plastic bag. Add the mushrooms to a bowl or bag and mix well. Refrigerate to marinate for a minimum of 30 minutes and up to 24 hours.
- 3) Preheat the oven to the lowest temperature possible (minimum of 250° F). *
- 4) Line a baking sheet with parchment paper. Transfer mushrooms to baking sheets. When transferring mushrooms allow excess marinade to drip off before adding to the pan.
- 5) Cook for one hour. Remove the baking sheet from the oven and flip mushrooms. Cook for another hour. Let cool, serve and enjoy. Store leftovers in an airtight container in the refrigerator.

Nutrients Per ½ Cup Serving

• Calories	110
• Total Fat	5 g
• Saturated Fat	1 g
• Cholesterol	0 mg
• Sodium	500 mg
• Carbohydrates	15 g
• Dietary Fiber	2 g
• Protein	3 g
• Calcium	4 mg
• Iron	1 mg
• Potassium	328 mg
• Vitamin D	1 mcg



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