

Mushroom Jerky: Servings *Small batch *Triple recipe for a family*

Prep Time 15 minutes **Cook Time** 2 hours

Ingredients

- 8 ounces shiitake mushrooms
- ¼ cup coconut aminos
- 2 teaspoons rice wine vinegar
- ½ tablespoon chili garlic paste
- 1 tablespoon sesame oil
- 1 tablespoon coconut sugar
- ¼ teaspoon smoke paprika
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

Directions

1. Remove the stems from the mushrooms. Slice or tear the mushroom caps into desired size (Mushrooms will shrink ~ 40-50% during the cooking process).
2. Mix coconut aminos, rice wine vinegar, chili garlic paste, sesame oil, smoked paprika, coconut sugar, black pepper, garlic powder & onion powder in a bowl. Add the mushrooms and mix well. Refrigerate for 30 minutes or 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 and transfer mushrooms. Allow excess marinade to drip off before adding to the baking sheet.
5. Cook for one hour. Remove the baking sheet from the oven and flip mushrooms. Cook for an additional hour or depending on the size of the mushrooms and your desired finished texture.
6. Let cool before enjoying!

*Store in an airtight container in the pantry for 2-3 weeks. Store in the fridge for up to a month.

Adapted from Brian Bianchetti