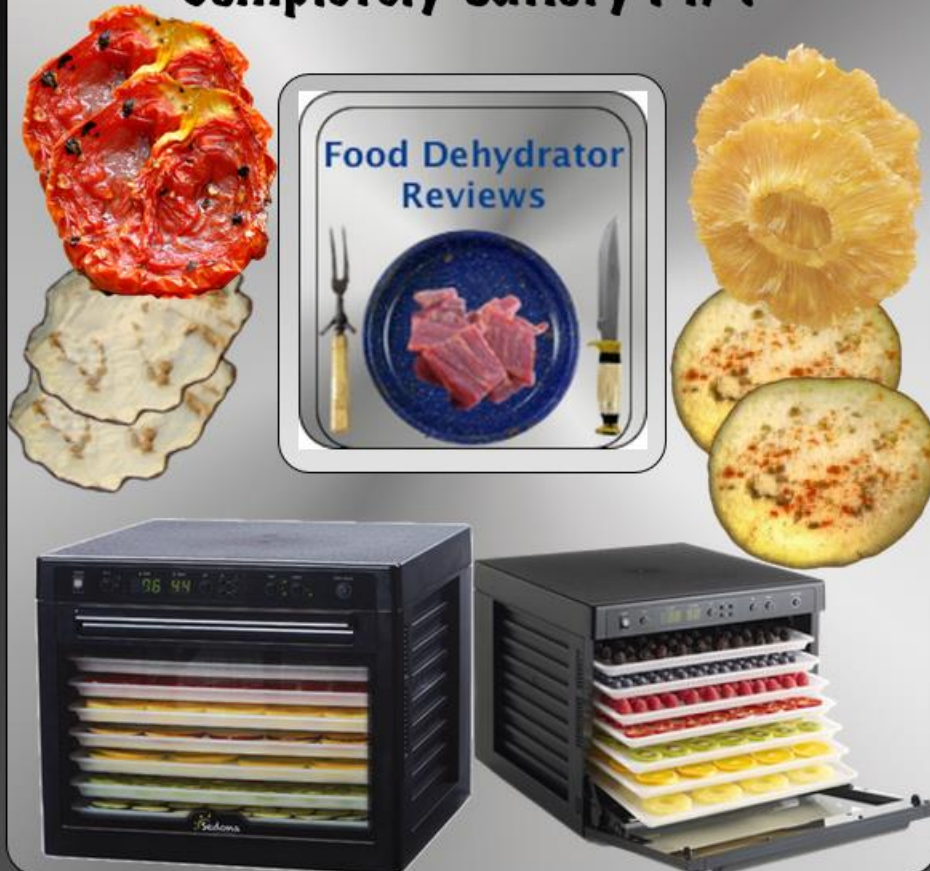


Receipes That Dry on High and Completely Satisfy Pt. 1



Hello and thank you for taking the time to download our eBook from [Food Dehydrator Reviews](#). As someone, who adores delicious, dehydrated foods, you need to take the time to obtain everything you need. First, you'll need to acquire a sufficient dehydrator. Since you've already downloaded this eBook, you've most likely already completed that crucial step. Congratulations! You're well on your way to enjoying delicious, healthy dehydrated foods. Unfortunately, there aren't a whole lot of books or resources out there that focus on recipes for these foods.

Those that are out there are ungodly expensive. We totally understand this and hope that our eBook will become your go-to choice for dehydrator recipes. Again, we thank you for downloading our eBook.

Once you're ready to begin, you should fire up your dehydrator and proceed forward.



[Food Dehydrator Buying Guide](#)

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BEEF JERKY RECIPES

Beef jerky has been around for generations. It has been made famous, by historical cowboys and those silly Sasquatch commercials. If you refuse to spend excessively for pre-dehydrated jerky, you can easily make your own, with a good dehydrator. In order to do so, you will want to prepare your meat, throw it in your dehydrator, turn the heat to low and allow it to dehydrate for a sufficient period of time.

Sounds easy enough, right? Well, not all beef jerky recipes are the same and some can be a little more complicated. Don't worry though, because you'll be able to pull it off, with our assistance. Below, you will discover some of the best beef jerky recipes!

How To Store Beef Jerky

Storing the beef jerky properly is essential, if you want it to maintain its delicious flavor. Beef jerky can easily be stored for a lengthy period of time or on a short-term basis, as long as it is done properly. The easiest ways to store the beef jerky will be listed below for your consideration.

Zip Lock/Paper Bags – If you wish to store the edibles for a short period of time, zip lock bags will suffice. The bag will be able to prevent the jerky from spoiling for 3 to 4 weeks in most cases.

Mason Jar – Those that want to store the foods for a lengthier period of time will want to opt for mason jars. Once you've gotten your beef jerky dehydrated, you will want to throw it into the jars and secure the lids tightly. Heating the jars and allowing them to cool at room temperature can help to create a vacuum seal, which will preserve the jerky for an extensive period of time.

Vacuum Sealers – If you truly wish to store the jerky for a lengthier period of time, you will want to invest in a vacuum sealer. Although they're a little costly, they'll enhance the longevity of your jerky and other foods significantly.

Regardless of which option you decide to use, you should make sure to keep your jerky away from the moisture and air!



Marinated Beef Jerky

If you're a fan of marinated foods, you will definitely want to try out some marinated beef jerky. There are many different concoctions that can be used here, but none is better than the one provided below. Once you've gotten your meat and your stomach begins to growl, you will want to collect the supplies listed below, so you can get started!

- 16 Ounce rump roast
- 1/3 Cup soy sauce
- 1/2 Cup olive oil
- 1/4 Cup Worcestershire sauce
- 1/2 Cup lemon juice
- 1/2 Apple sliced
- 1/2 Green pepper diced
- 1/2 Onion diced
- 1/2 Orange sliced
- 1 Teaspoon salt and pepper (can be omitted)
- 1 Teaspoon garlic powder

Supplies:

- 1 Gallon size freezer zip lock bag
- Cutting board
- Large butcher knife
- Large glass bowl
- Wooden spoon

Step 1

Slice the beef into 1 ½" W X ¼" thick slices (slice with the grain)



Step 2

Combine all the ingredients, except the rump roast into the large glass bowl. Stir the ingredients together thoroughly, until the powdered ingredients are dissolved into the liquid mixture.



Step 3

Pour the liquid marinade into the freezer bag, along with the beef strips.



Step 4

Place in refrigerator and leave them there for 24-48 hours

Step 5

Remove from refrigerator and lay strips on dehydrator tray, but do not overlap the slices



Step 6

Set dehydrator at 145-160 degrees Fahrenheit and timer for 6-8 hours (this time frame will vary depending on the type of dehydrator you have on hand)



Step 7

Remove jerky strips from dehydrator tray, place in plastic bag, and store away until you are ready to enjoy



BISON JERKY

If you're a big fan of traditional jerky, you will absolutely love our Bison Jerky recipe. The recipe has a tinge of modernism, but is steeped in rich Native American history. Step back into the days of Squanto and enjoy our Bison Jerky, by following the steps below.

First, you'll need to collect your supplies. These will be listed below for your convenience. Take note that this recipe will provide you with approximately 2 pounds of bison jerky!

- 4 pounds beef – should be sliced very thin to about 1/8 inch
- 4 tablespoon of chopped garlic
- 2 tablespoon crushed red chile
- 1 tablespoon black pepper
- 1 ½ cup Worcestershire sauce
- 2 teaspoon honey
- 1 teaspoon liquid smoke
- Optional – 1 tablespoon sugar

Step 1

When you're ready to begin, you will want to grab a zip lock bag and throw in all of your ingredients. At this point, the aroma will fill your nostrils and you'll salivate uncontrollably. Unfortunately, you'll need to allow the ingredients to marinate for 24 hours.

Step 2

After the duration has passed, you can remove the meat, rinse it thoroughly and use paper towels to dry it.

Step 3

Now, it is time to cook your meat! Be sure to utilize your favorite dehydrator. Using a low setting of below 200 degrees is recommended. The meat should be dried for 5 to 6 hours, but this will vary depending on your dehydrator and the specific temperature used.

Step 4

After the duration has concluded, you will want to remove the meat carefully and store it in an airtight container. Using a vacuum packer or throwing the meat into zip lock bags is recommended. Once the meat has dried, you will be able to feast on the delicious Bison Jerky!



Pastrami Beef Jerky

If you're looking for a delicious jerky, which is incredibly easy to cook, you will definitely want to try out the Pastrami Beef Jerky! The delicious flavor will explode in your mouth and you'll find yourself preparing more, within days! This is definitely one of the tastiest recipes of all and it is best straight out of the dehydrator! Below, you'll find a list of required supplies.

- 6 pounds of flank steak or brisket
- 1 cup soy sauce
- 1 cup Worcestershire sauce
- 1 tablespoon pureed garlic
- 4 tablespoon cracked pepper
- 4 tablespoon coriander seed
- ½ cup brown sugar

Step 1

First and foremost, you'll need to slice up your meat. Use a sharp knife, proceed with caution and chop up the meat into strips approximately $\frac{1}{4}$ or $\frac{1}{2}$ inches thick.

Step 2

All ingredients, aside from the cracked pepper and coriander seed, should be combined in a zip lock bag. Throw in the sliced meat and toss the bag into the freezer. It should remain there overnight, so it marinates properly.

Step 3

Remove the meat and allow it to reach room temperature. Now, it is time to prepare your dehydrator. Keeping the temperature below 200 degrees Fahrenheit is recommended. Lay out your strips on the trays, while taking caution to keep space between each.

Step 4

Before adding the trays to the dehydrator, you should generously cover the strips with the coriander and cracked pepper. Adding more will deliver a spicier taste.

Step 5

Push or place the trays in the dehydrator. At this point, you just need to wait it out. Generally, it will take around 2 to 4 hours, before the jerky is ready. Keeping a careful eye on the jerky and cooking it to your desired chewiness is recommended.



Turkey Jerky

Beef jerky and health don't necessarily fit together like peanut butter and jelly. Of course, it is possible to revamp your jerky and make it slightly less hazardous, by using turkey! Utilizing white meat, organic turkey is recommended for those that are worried about their health. Below, you'll find out how to make 16 servings of Turkey Jerky! First, you'll want to collect your ingredients, which will be listed below.

- 3 cups Worcestershire sauce
- 1 ½ cup soy sauce
- 1 cup BBQ sauce
- 3 ½ tablespoon onion powder
- ½ cup liquid smoke
- 2 pound turkey breast tenders

Step 1

First and foremost, you will need to start, by slicing up the turkey into thin strips. You will also need to combine all of the ingredients above together to create a jerky marinade.

Step 2

Once the marinade has been mixed and the turkey has been sliced, you will want to place the turkey in a bowl and cover it with the marinade. Stick the turkey in the fridge and allow it to sit overnight.

Step 3

In the morning, you will want to remove the meat and place it on several paper towels. This will remove excess liquid from the turkey.

Step 4

Now, it is time to flip on your dehydrator. It should be set to approximately 200 degrees Fahrenheit. Allow the jerky to dehydrate, until it is completely dry and golden.

Fruit Dehydrator Recipes

A food dehydrator can be a very versatile machine and it can be used to dry out an abundance of different foods. Although it is frequently associated with beef jerky, it can also dry out fruits and vegetables! If you want to concoct a healthier treat, you'll want to throw some fruits and vegetables in your dehydrator.

If you're interested in a delicious, dehydrated fruit dinner, you will want to check out our recipes listed below.

Marinated Eggplant

There is often a misconception that dehydrated foods must be meats, but this isn't true. It is possible to dehydrate a variety of different foods in your dehydrator. How about eggplant? Why not? You can easily dry out this fruit and it tastes scrumptious, once it has been dried. Below, you'll find our favorite marinated eggplant recipe!

Ingredients:

- 2 Eggplants
- 1 Whole onion diced
- 1 Garlic clove diced
- 1/4 Cup of pineapple juice
- 1 Tablespoon red wine vinegar (can be substituted for apple cider vinegar)
- 1/4 Teaspoon salt and better (can be omitted)
- 4 Tablespoons olive oil
- 2 Tablespoons soy sauce
- 1 Tablespoon maple syrup
- 1 Tablespoon paprika

Supplies:

- Large glass bowl
- Wooden spoon or spatula
- Cutting board
- Vegetable knife
- 1 Glass canning jar

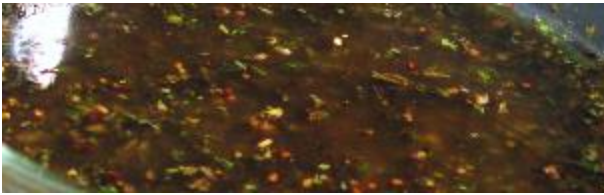
Step 1

Cut the eggplants into slices or strips, whichever you prefer



Step 2

Mix all of the ingredients, except eggplant into the large glass bowl and stir until powdered ingredients are dissolved into the liquid mixture



Step 3

Pour the marinade and eggplant slices into the glass canning jar, seal the lid tight, and then place into the refrigerator for 24-48 hours



Step 4

Remove jar from refrigerator and place the eggplant slices on the dehydrator tray, but do not overlap the slices



Step 5

Set food dehydrator at 120-135 degrees Fahrenheit for 4-6 hours

Step 6

Remove the marinated eggplant slices from the dehydrator and place in a storage container until you are ready to enjoy





Fruit Leathers Made Easy

If you're a fan of various fruits, you'll definitely want to cook some fruit leathers! The process is incredibly easy and shouldn't take you more than a few hours. You'll get to use your trusty dehydrator and you'll also obtain some deliciously healthy food! Below, you'll learn everything you need.

- Overripe fruits – the more the merrier
- Water
- A blender

Step 1

First and foremost, you will want to collect your overripe fruits. Obtaining a sizeable amount is recommended.

Step 2

Next, you will need to pull out your blend and puree your fruits. Be sure to add water or juice, as necessary

Step 3

Once the fruit has been pureed, you will want to add it to your fruit roll sheet, which should have been provided with your dehydrator. Insert the tray into your dehydrator and switch it on. Allow the fruit to dry for several hours, until it is dry.

Step 4

Remove the fruit from your dehydrator and lay it out on plastic or wax paper. Roll it up neatly and store it in a plastic bag!



Delicious Kale Chips

Over the years, kale has established itself as one of the top super foods! It can provide you with plenty of nutrients and most people admit it is incredibly scrumptious. If you're a fan and you've got a dehydrator, you should definitely take the time to enjoy this delicious kale chips recipe! First and foremost, you'll want to collect your ingredients. These will be listed below for your consideration.

- A good amount of kale
- Squeezed lemon juice
- Dried garlic
- Olive oil
- Sea salt
- A minute amount of cumin

Step 1

Once you've gotten your ingredients, you will want to wash your kale thoroughly, before cutting it into strips. They should be approximately 3 inches long. The kale should be placed in a good-sized bowl and the other ingredients need to be added.

Step 2

When adding the other ingredients, you should taste the kale and stop, when it fits your specific preferences. Be sure to use your hands to disperse the ingredients evenly onto the kale. The mixture should be allowed to sit on the kale for 10 to 20 minutes. This should result in the kale shrinking to some degree.

Step 3

Finally, it is time to plug up your dehydrator and switch it on. The marinated kale should be placed on the trays and it should be dehydrated for approximately 7 to 8 hours.



Honey Cinnamon Apples

Who doesn't love apples? In all likelihood, you do, as much as we do. With this in mind, we've attempted to provide an assortment of recipes, which are made from a variety of different ingredients and we've gone above and beyond to ensure that apples are included. The honey cinnamon apples recipe listed below is easy to make and totally delicious. First, you'll want to collect the ingredients, which are listed below.

- 4 sour apples
- 4 sweet applies
- 4 tablespoon cinnamon
- 1 cup honey
- 1 cup water

Step 1

Now, it is time to slice the apples. Be sure to leave the peels on and keep the slices approximately ¼ inch thick.

Step 2

Make a mixture of the honey and water. Toss the apple slices in a bowl and cover it with the honey mixture. Be sure to allow the apples to soak in the liquid for a few minutes.

Step 3

Remove the apples, drain the liquid and add a generous amount of cinnamon.

Step 4

Finally, place the apples into your dehydrator and allow the machine to work its magic. The dehydration process may take a day or longer! Once the process has concluded, the apples should be pliable and dry.



Homemade Yogurt

Yogurt is a delicious snack, which can be eaten in place of icecream and other unhealthy treats. If you truly want to enjoy yogurt, but don't want

to gain a lot of weight, you should consider trying our homemade yogurt chips. The recipe is easy to make and it'll leave you salivating for more. Below, you'll learn how to prepare your own!

Ingredients:

- 8 Cups 1% milk
- 1/2 Cup natural culture plain yogurt (this can purchased at any grocery store)
- 0.50-0.75 Ounces plain gelatin (can be substituted for 3 powdered packets)
- 2 Cups fruit juice
- 1/4 Cup agave

Supplies:

- Crock pot
- Spatula or wooden spoon
- Whisk
- Large glass bowl
- Large towel
- Dehydrator fruit roll sheet

Step 1

Turn the crock pot temperature setting on low, allow pot to reach maximum temperature, and then pour in all 8 cups of milk



Step 2

After milk has cooked for 2-3 hours, you will unplug the crock pot, and let it sit for 2 ½-3 hours



Step 3

While the milk is warming, you should go ahead and mix the gelatin with $\frac{1}{2}$ cup of cold fruit juice, then let it set for 2-3 minutes

Step 4

Warm the remaining fruit juice, add it to the gelatin and cold fruit juice mixture, and mix thoroughly

Step 5

Pour the cooked milk into the large glass bowl, add the fruit mixture, plain culture yogurt, and the agave, and then mix thoroughly

Step 6

Pour the ingredients back into the crock pot and let sit unplugged for 6-7 hours

Step 7

After the time has expired, you can remove the yogurt from the refrigerator and prepare for the dehydration process



Step 8

Make sure the fruit roll dehydrator sheets are cleaned, before spreading the yogurt. Set food dehydrator temperature between 90-105 degrees Fahrenheit



Step 9

Remove yogurt from dehydrator and store until you are ready to enjoy

Vegetable Recipes

Now, it is incredibly difficult to ignore the vegetables! They're delicious, healthy and even better when dried. It is possible to concoct a variety of different treats, while using a handful of different foods, including corn, peas and broccoli. When drying these delicious vegetables, you will want to make sure to cover them with spices. Also, don't be afraid to mix the vegetables together and use them in your soups and stews.

If you're looking for a snack you can take with you, you can also make your own homemade trail mix, with various fruits and vegetables. Below, you'll find some of the best dried vegetable recipes.





Snow Pea and Shiitake Stir Fry

If you're interested in cooking a nice entrée, you'll want to consider obtaining some shiitake mushrooms and snow peas! Together, you can create a delicious stir fry, which will be sure to satisfy the entire family. Below, you will find a list of required ingredients.

- 1 cup shiitake mushrooms
- 2 cup canned bamboo shoots
- 4 tablespoons of vegetable oil
- 8 tablespoons of soy sauce
- 1 teaspoon of brown sugar
- 2 cups of snow peas

Step 1

First and foremost, you're going to need to dry your mushrooms. Throw them in the dehydrator and allow them to dry for a few hours.

Step 2

Next, you should allow the mushrooms to soak in water or broth for at least one hour. After they've turned soft, you should cut them into thin strips.

Step 3

Afterwards, you will want to grab a large skillet and heat your oil. The snow peas should be added and stir fried for approximately 1 minute. Once they're turned bright green, they should be removed.

Step 4

Next, the bamboo shoots and mushrooms could be thrown into the pan. Give them approximately 2 or 3 minutes, before adding in the brown sugar and soy sauce. Be sure to stir thoroughly, until the vegetables are coated with the sugar and sauce.

Step 5

Now, allow the concoction to simmer for approximately 3 minutes, before adding the peas.

Step 6

Once this has been completed, you can serve the stir fry over steamed rice.



Raw Cauliflower Popcorn

If you're interested in cooking a delicious snack, which can be eaten like popcorn, you should look no further than our Raw Cauliflower Popcorn recipe. This scrumptious treat can be enjoyed raw, but it is incredibly tastier, when dehydrated. The treat is very satisfying and fairly easy to make. Below, you'll find a list of required ingredients.

- 4 cups of cauliflower florets
- 2 teaspoon olive oil
- 2 tablespoon nutritional yeast
- A small amount of cayenne pepper
- A small quantity of sea salt

Step 1

First and foremost, you should take your cauliflower and cut it up into small pieces. Try to keep them small and round, so they'll resemble popcorn, once the entire process has concluded.

Step 2

Now, you will want to add all of the ingredients to a zip lock bag and shake it up. You can follow the recipe strictly, or you can mix it up to your liking. Adding an ingredient and giving it a taste is recommended. Be sure to stop adding ingredients, when you've acquired the exact taste you desire.

Step 3

At this point, you can stop and eat the cauliflower raw, but we recommend sending it on a trip to the dehydrator. The dehydrator should be set very low. 110 to 120 degrees Fahrenheit is recommended. Allowing the cauliflower to dry for at least 12 hours is recommended, but you should dry it, until it matches your preferences. Allowing it to dry longer will make it crunchier and vice versa.



Chicken or Turkey Soup With Dried Vegetables

Who doesn't love chicken soup? On a cold day, delicious steamy soup can warm up your day. When you're sick, some scrumptious soup can do the trick. Of course, utilizing dried vegetables can make the concoction even tastier. Below, you'll discover all of the ingredients needed.

- A turkey or chicken
- Several carrots
- A celery stalk
- Several small potatoes
- 1 clove garlic
- A collection of mushrooms
- A handful of peas
- A small onion
- 1 tablespoon of olive oil
- 2 quarts or water

Step 1

First and foremost, you will want to dry your vegetables. Once this has concluded, you should grab your soup pot. Throw in the entire carcass and allow everything to sit in the boiling water for five minutes.

Step 2

Once the duration has passed, you will want to shut off the stove and allow the pot to sit covered for an hour. Afterwards, you should remove the carcass and cut the meat from the bones, before returning it to the pot.

Step 3

Now, turn on the stove, replace the pot and add in your dehydrated vegetables. While the soup cooks, you should sauté the onion and garlic sparingly using olive oil, before adding them to the pot.

Step 4

The soup should be left alone, until it reaches a boil. Once it does, you should cover it and decrease the heat, until it simmers. Allow the concoction to cook, until the vegetables have softened.

Step 5

You should add salt and pepper, as needed. Other herbs and bouillon can be added, if desired. And finally, serve and enjoy.

Spicy Tomatoes

Are you a fan of tomatoes? Who isn't? We are and we love them even more, when they're dried to perfection! With our delicious spicy tomato recipe, you will be able to enjoy a delicious snack and won't have to kill yourself preparing it. The simple, but entirely delicious, recipe can be found below for your convenience.

Ingredients:

- 8 Medium sized tomatoes
- 1 Teaspoon salt and pepper
- 2 Tablespoons white sugar
- 3 Teaspoons dried oregano
- 1/2 Teaspoon paprika
- 1/2 Teaspoon rosemary

Supplies

- Cutting board
- Vegetable knife
- Large glass platter
- 1 Gallon size zip lock bag
- Small glass bowl

Step 1

Make sure that the tomatoes have been chilled, before cutting to make the task less messy



Step 2

Place all of the tomato slices on the large platter in a single layer

Step 3

Mix all of the spices together in the small glass bowl and then spread evenly on top of the tomato slices

Step 4

Place the tomato slices in a single layer on the dehydrator tray



Step 5

Set food dehydrator temperature setting on 135 degrees Fahrenheit and timer on 6-8 hours

Step 6

Remove the dehydrated tomato slices from the dehydrator, store in a glass or zip lock bag until you are ready to enjoy



Afterword

All in all, there are many delicious snacks, entrees and foods that can be prepared with your dehydrator. We thank you for downloading our eBook and hope it has helped you in one-way or another. If you're in need of a good dehydrator or more recipes, we encourage you to visit our website [Food Dehydrator Reviews](#) right now. Thanks again and enjoy these delicious recipes.