How To Make Chicken Jerky (Vital high protein food to store)

Categories: General Prepping, Homesteading, Recipes

At the very least, jerky makes a great savoury snack, but making your own jerky is also a great way to store high protein meat for the long-term. Jerky can last for around six months if it's properly made and salted. If it is then also vacuum packed it could easily last a year or more.

This all makes jerky, beef, chicken or whatever, an important food to store for a rainy day. If food prices rocket or some SHTF scenario occurs, protein will become one of the hardest (vital) nutrients to come by, unless you happen hunt or fish...

If you want to see how to make your own chicken jerky, with a recipe that just from reading it, you know it will taste amazing, check out the recipe/tutorial below from Yankee Kitchen Ninja.

How To Make Chicken Jerky

(Photo from: Yankee Kitchen Ninja)