

Beef Tips & Gravy

Yield: 4 min

Total Time: 190 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-tips-recipes>

Ingredients:

- 2 1/2 pounds beef chuck or stew meat cut into 1-inch cubes, You'll need the fat, so don't trim it off!
- salt
- pepper
- 2 tablespoons vegetable oil for browning beef
- 32 ounces beef stock or water
- 4 tablespoons beef fat reserved from cooked beef, or reserved beef fat plus enough oil to equal 4 Tablespoons
- 2 tablespoons all purpose flour
- 2 cups juices reserved meat, or reserved juices with enough beef stock to equal 2 cups
- salt
- pepper
- 1 tablespoon unsalted butter Optional

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 195 milligrams
4. Fat: 61 grams
5. Fiber: 1 grams
6. Protein: 61 grams
7. SaturatedFat: 22 grams
8. Sodium: 1020 milligrams
9. Sugar: 12 grams

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