

Instant Pot Beef Tips

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 3 tablespoons flour
- 2 teaspoons steak seasoning
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon pepper
- 2 pounds sirloin roast Beef, cut in 2" cubes
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 onion chopped
- 2 garlic lg cloves, minced
- 1/3 cup red wine or use beef broth
- 1 teaspoon beef bouillon
- 1 beef 10.5 oz can, Consommé
- 1 tablespoon Worcestershire sauce
- 1 teaspoon thyme leaves not ground

Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 260 milligrams
4. Fat: 84 grams
5. Fiber: 1 grams
6. Protein: 62 grams
7. SaturatedFat: 34 grams
8. Sodium: 1050 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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