

Southern Beef Tips & Gravy

Yield: 4 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-plate-cabbage-and-beef-tips-recipe>

Ingredients:

- 1 tablespoon butter
- 3/4 cup onions diced
- 3 teaspoons garlic minced
- 2 pounds grass fed beef quality, tips
- olive oil for lightly coating beef
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 2 1/2 cups beef broth divided
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon rosemary
- 1/2 teaspoon oregano
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 2 tablespoons steak sauce original, I use A1
- 1 bay leaf
- 1/4 cup cornstarch

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 160 milligrams
4. Fat: 42 grams
5. Fiber: 1 grams
6. Protein: 45 grams
7. SaturatedFat: 16 grams
8. Sodium: 1340 milligrams

9. Sugar: 2 grams
 10. TransFat: 2.5 grams
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