

Beef Tips With Gravy

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-recipe-with-kitchen-bouquet>

Ingredients:

- 2 pounds beef stew meat
- 1/2 stick butter
- 1 onions medium, chopped
- 8 ounces mushrooms sliced, optional
- 2 cloves garlic
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 tablespoons oil
- 32 ounces beef stock
- 4 dashes worchestershire
- 1 tablespoon ketchup
- 2 teaspoons Kitchen Bouquet

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 130 milligrams
4. Fat: 53 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 21 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

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