

Festive Slow-Cooked Beef Tips

*Sue Gronholz - Beaver Dam, WI
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Servings: 8

*1 (about two pounds) boneless beef
chuck roast, cut into two-inch pieces
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons canola oil
1 medium onion, coarsely chopped
1 rib celery, coarsely chopped
6 cloves garlic, halved
2 cups beef broth
1 1/2 cups dry red wine
1 sprig fresh rosemary
1 bay leaf
2 cans (4 ounce ea) sliced mushrooms
2 tablespoons cornstarch
1/2 cup water
1 tablespoon balsamic vinegar
hot cooked egg noodles*

Preparation Time: 45 minutes

Cook Time: 6 hours

Sprinkle the beef with salt and pepper.

In a large skillet, heat the oil over medium-high heat. Brown the beef in batches. Remove with a slotted spoon to a three- or four-quart slow cooker.

In the same pan, add the onion and celery. Cook and stir for 6 to 8 minutes or until tender. Add the garlic. Cook for 1 minute longer. Add the beef broth, wine, rosemary and bay leaf. Bring to a boil. Cook for 8 to 10 minutes or until the liquid is reduced to about two cups.

Pour the sauce over the beef in the slow cooker. Stir in the mushrooms. Cook, covered, on LOW for six to eight hours or until the meat is tender. Remove the rosemary and bay leaf.

In a small bowl, mix the cornstarch, water and vinegar until smooth. Gradually stir into the beef mixture.

Serve with noodles.

Per Serving (excluding unknown items): 95 Calories; 4g Fat (46.3% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 621mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	95	Vitamin B6 (mg):	.1mg
% Calories from Fat:	46.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	34.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	19.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	32
Cholesterol (mg):	0mg	% Refused:	n.n%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	621mg	Vegetable:	1/2
Potassium (mg):	230mg	Fruit:	0
Calcium (mg):	16mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	8IU		
Vitamin A (r.e.):	1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 95 **Calories from Fat:** 44

% Daily Values*

Total Fat 4g	5%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 621mg	26%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	2%
Protein 3g	
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.