

# BEEF TIPS WITH GRAVY

## EASY-TO-PREPARE COMFORT MEAL

2 lbs. Grass-fed Longhorn Stew Meat  
1 medium white onion, chopped  
Oil for sautéing  
2 cups. Grass-fed Longhorn Beef Broth  
2 Tbsp. Tamari soy sauce  
2 Tbsp. Worcestershire sauce  
1/4 cup red wine (Pinot Noir or other deep red wine)  
1 medium clove garlic, minced  
1 tsp. black pepper

1 package powdered brown gravy mix (gluten-free version works well)  
1 cup water or beef broth

- 1** Sauté onion in heated oil in a 3 qt. pot until transparent. Add beef and brown.
- 2** To the meat and onion mixture, add 2 cups broth, soy sauce, Worcestershire sauce, wine, garlic, and pepper. Bring to boil, then reduce heat and simmer for 1 1/2 - 2 hours.
- 3** In a small bowl, whisk together powdered gravy and cold water/broth until mixed thoroughly. Stir slowly into meat mixture. Boil and stir until thickened.
- 4** Serve over hot rice, egg noodles, cauliflower rice, or mashed potatoes.