

Garlic Beef Tips and Gravy



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Recipe by: Laura Vitale

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 1-1/2 lb of Sirloin, cut into cubes
- 1/4 cup of Flour (you won't use it all)
- 2 Tbsp (maybe a tad more) of Light olive oil or vegetable oil
- 3 Cloves of Garlic, thinly sliced or minced
- 1/2 cup of Dry White Wine
- 1 cup of Beef Stock
- 1 Tbsp of Butter
- Garlic and Herb Seasoning
- 2 Tbsp of Fresh Chopped Parsley

1) Sprinkle a bit of flour onto your beef along with a dash of garlic and herb and some salt and pepper, toss to make sure the beef is well coated and flour adheres well to it, set aside.

2) In a large nonstick skillet, add the oil, preheat over medium high heat, when ready, in batches, add the beef and sear just for about a minute on each side until browned (do NOT cook all the way through or overcook it) remove to a plate using a slotted spoon.

3) Add the garlic, sauté about a minute then add the wine, reduce by half, add the stock and a dash of garlic and herb and reduce by about a third.

4) Once the sauce has reduced, take the butter, cut it into 2 pieces, toss it in some flour and add it to the sauce, once it starts to thicken, add the beef and all the drippings along with the parsley, cook one more minute and serve!

