

Braised Beef Tips and Mushrooms with Riced Potatoes

Brittany Allyn

Serves 4 – 6

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2 lbs. Beef Tips or Stew Meat
12 oz. Button Mushrooms
1 large Onion diced
2 TBSP Olive Oil (divided)(Gia Russa)
2 Garlic cloves
2 Bay Leaves (McCormick)
2 tsp Vegeta
12 turns of freshly cracked Black Pepper
1 ½ tsp fresh Thyme finely chopped
1 cup Beef Broth divided (Swanson)
¾ cup Chicken Broth (Swanson)
¼ cup Whipping Cream
3 TBSP Corn Starch and a small amount of water to make slurry
Chopped Fresh Parsley for garnish



For Riced Potatoes:

3 pounds of Russet Potatoes
1 Bay Leaf(McCormick)
4-5 Whole Peppercorns (McCormick)
Salt (Cerulean Seas)

Pat the beef dry with a paper towel. Sprinkle the Vegeta evenly over the beef. In a skillet, heat 1 TBSP olive oil over medium-high heat. Brown the beef working in batches and remove to a bowl. Add 1 TBSP olive oil to the skillet, reduce the heat to medium and sauté the onions and whole garlic cloves for about 3 minutes. Remove the garlic cloves. Add ¼ cup of beef stock to the pan to deglaze.

In a slow cooker, add beef, onion/broth mixture, the mushrooms, bay leaves, thyme remaining beef broth and chicken broth. Place the cover on the slow cooker and cook on high for 4 hours. After four hours remove the bay leaves . Whisk the corn starch with a little bit of water and pour into the slow cooker. Stir and return the cover. Let cook for another 10 minutes.

Meanwhile peel potatoes and cut into 3 inch chunks. Cover with water and salt liberally. Add whole peppercorns and bay leaf. Bring to a boil, reduce heat and let simmer for 10 -12 minutes or until a toothpick when inserted resists slightly.

Add whipping cream to the beef tips and mushrooms and heat for another 5 minutes.

Place potatoes in ricer and rice in batches.

Serve the Beef tips over the potatoes and garnish with fresh parsley.