

Beef Tips w/Gravy

Ingredients:

- 5 T olive oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 lbs cubed beef stew meat, or sirloin tips

Mix Together:

- 3 1/2 cups water
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1 t garlic powder
- 1 t salt
- 1 t ground black pepper

- additional 3 T flour
- 1/3 c water

Directions:

In a large skillet with a lid, heat 2 T of olive oil over medium-high heat until hot.

Add onion and bell pepper; sauté for 3 to 4 minutes or until tender, remove from the pan.

Dredge beef cubes in 1/4 cup of flour, shaking off excess.

In the same skillet, heat the remaining olive oil over medium-high heat until hot.

Add beef cubes; cook and stir for 5 to 6 minutes or until browned on all sides.

Return veggies to the pan then add water and seasonings mixture.

Bring to a boil then reduce heat, cover and simmer for 1 hour.

In a small bowl or cup, combine 3 tablespoons of flour and 1/3 cup of water; blend until smooth then stir mixture into the skillet and cook until sauce thickens.

Serve over egg noodles, rice, or mashed potatoes with a [green veggie](#) and [buttered bread](#) on the side.