
Braised Sirloin Tips

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Servings: 6

2 tablespoons shortening

2 pounds beef sirloin tips, cut into 1-inch cubes

1 cup beef bouillon

1/2 cup red burgundy

2 tablespoons soy sauce

1 clove garlic, minced

1/4 teaspoon onion salt

2 tablespoons cornstarch

1/4 cup water

4 cups hot cooked rice

In a large skillet, melt the shortening. Brown the meat on all sides. Stir in the beef bouillon, wine, soy sauce, garlic and onion salt. Heat to boiling. Reduce the heat. Cover and simmer for one hour or until the meat is tender.

Blend the cornstarch and water. Gradually stir into the meat mixture. Stirring constantly, cook until the mixture thickens and boils. Boil and stir for 1 minute.

Serve over rice.

Beef

Per Serving (excluding unknown items): 215 Calories; 5g Fat (20.3% calories from fat); 4g Protein; 38g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 640mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Vegetable; 1 Fat; 0 Other Carbohydrates.