

Slow Cooker Beef Tips and Gravy

1.5 to 2.5 lbs. beef tips or stew meat

1 packet dry onion soup mix

1 (10.5 oz.) can cream of mushroom soup (lower sodium--look for 17% on the label)

1 (14.5 oz.) can beef broth (low sodium)

3 tbsp. cornstarch for the gravy

Put beef tips or stew meat in a 5 or 6 qt. slow cooker. In a medium bowl, combine dry onion soup mix and mushroom soup. Slowly add beef broth stirring well. Pour soup mixture over beef. Cover and cook on low for 8 hours.

Gravy: 30 minutes before you're ready to serve, in a small bowl, mix 3 tbsp. of cornstarch with just enough cold water to make the mixture a liquid. Turn the slow cooker on high, and stir in the cornstarch mixture. (If using a larger amount of meat, you may need to add additional cornstarch/water.) Put the lid back on. When the gravy starts to boil around the edges, take the lid off so that the gravy can thicken a bit more.

Serve over rice, mashed potatoes, or egg noodles.