



Beef Tips and Merlot Gravy with Beef and Onion Rice

READY IN



505 min.

SERVINGS



5

CALORIES



596 kcal

SAUCE

Ingredients

- 1 bay leaf
- 1 pound beef tips black (preferably angus)
- 32 fluid ounce beef broth
- 21 ounce beef consomme canned
- 1.5 ounce brown gravy mix dry
- 1 tablespoon browning sauce kitchen bouquet® (such as)
- 0.3 cup butter
- 1 teaspoon parsley dried

- 0.3 cup flour all-purpose
- 16 ounce mushrooms fresh sliced
- 2 tablespoons garlic powder
- 1 small onion chopped
- 0.5 teaspoon lawry's seasoned salt to taste
- 2 tablespoons vegetable oil or as needed
- 1 cup rice white
- 0.3 cup merlot wine
- 0.5 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- slotted spoon
- dutch oven
- slow cooker

Directions

- Whisk flour, 1/4 cup Worcestershire sauce, garlic powder, and seasoned salt in a large bowl until smooth and toss the beef tips in the flour mixture to coat.
- Remove beef with a slotted spoon.
- Heat vegetable oil in a large heavy pan or Dutch oven over medium heat; cook and stir mushrooms and 1 small chopped onion in oil until the onion is translucent, about 8 minutes. Stir in seasoned beef tips and cook and stir until the beef is browned and no longer pink inside, about 10 minutes.
- Pour in beef broth and whisk dry brown gravy mix into the beef mixture until smooth; stir in 1/2 teaspoon Worcestershire sauce, bay leaf, parsley, and merlot. Bring to a simmer and reduce heat; simmer until gravy has thickened, about 10 minutes.

- Transfer to a slow cooker, cover, and cook on Low for 8 hours.
- About 25 minutes before serving time, melt butter in a saucepan over medium heat and cook and stir 1 small chopped onion until translucent, about 5 minutes. Stir rice into the mixture and pour in beef consomme. Bring to a boil, reduce heat to low, and cover. Simmer rice until tender and the liquid is absorbed, about 15 minutes; let rice stand for 5 minutes covered before fluffing with a fork.
- Serve beef tips and gravy over the rice.

Nutrition Facts



■ **PROTEIN 17.82%**
■ **FAT 52.88%**
■ **CARBS 29.3%**

Properties

Glycemic Index:53.04, Glycemic Load:22.35, Inflammation Score:-5, Nutrition Score:20.45347839853%

Flavonoids

Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 595.54kcal (29.78%), Fat: 34.26g (52.71%), Saturated Fat: 14.1g (88.12%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 40.62g (14.77%), Sugar: 3.58g (3.98%), Cholesterol: 88.81mg (29.6%), Sodium: 1584.27mg (68.88%), Alcohol: 1.25g (100%), Alcohol %: 0.27% (100%), Protein: 25.97g (51.95%), Vitamin B3: 10.55mg (52.74%), Selenium: 32.89µg (46.98%), Vitamin B2: 0.63mg (37%), Vitamin B12: 2.21µg (36.88%), Phosphorus: 333.64mg (33.36%), Zinc: 4.86mg (32.4%), Manganese: 0.6mg (29.81%), Vitamin B6: 0.56mg (27.94%), Potassium: 827.86mg (23.65%), Vitamin B5: 2.34mg (23.36%), Copper: 0.46mg (22.96%), Iron: 3.63mg (20.16%), Vitamin B1: 0.22mg (14.37%), Vitamin K: 12.83µg (12.22%), Folate: 47.08µg (11.77%), Magnesium: 45.98mg (11.49%), Fiber: 2.09g (8.37%), Vitamin E: 1.16mg (7.74%), Calcium: 59.46mg (5.95%), Vitamin A: 286.02IU (5.72%), Vitamin C: 3.09mg (3.75%), Vitamin D: 0.27µg (1.81%)