

# Beef Tips and Gravy

## Ingredients

- 1 1½ lbs beef tips
- 2 tablespoons olive oil
- 3 cups water
- 2 tablespoons ketchup
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1 onion, sliced
- 1 tablespoon cornstarch
- 3 tablespoons water

## Directions

Saute beef tips in olive oil until lightly browned. Place in a dutch oven and add water, ketchup, Worcestershire sauce and salt. Cook covered on simmering low heat for approximately one hour.

Add sliced onions and cook additional 30 to 40 minutes on low heat, being careful to not let all water boil out. (You will need at least 1 1/2 cups of water left as gravy.).

In a small bowl, dissolve cornstarch in water and pour into beef mixture. stir well and cook an additional one minute while gravy thickens.

Serve over rice, noodles or mashed potatoes.

Enjoy!

courtesy of [www.food.com](http://www.food.com)