

Beef Tips

1/2 c. flour

1 tsp. salt

1/8 tsp. pepper

4 lb. beef or sirloin tips (cubed)

1/2 c. chopped shallots or green onions

2 cans sliced mushrooms, drained or 1/2 lb. fresh sliced mushrooms

1 can condensed beef broth (chicken broth works well)

1 tsp. Worcestershire sauce

2 tsp. tomato paste or ketchup

1/4 c. dry red wine or water

3 tbsp. flour

Buttered Noodles

Combine 1/2 cup flour with salt and pepper; toss with beef cubes to coat thoroughly. Place in crock pot. Add shallots and mushrooms. Combine beef broth, Worcestershire sauce and tomato paste. Pour over beef and vegetables and stir well. Cover and cook on low setting for 7-12 hours.

One hour before serving turn to high setting. Make a smooth paste of red wine and 3 tablespoons flour, stir into crock pot, mixing well. Cover and cook until thickened. Serve over hot buttered noodles.