

# Slow Cooked Tri Tips & Gravy with Mashed Potatoes

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*yield:* 4 SERVINGS

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## INGREDIENTS:

3 tablespoons olive oil  
1 medium yellow onion, diced  
3 cloves garlic, roughly chopped  
2 lbs. tri tip pieces {or a 2 lb. tri tip roast, cut into large pieces}  
salt & pepper, to taste  
1-10.5 oz. can beef consomme  
1 can water  
2 bay leaves  
3/4 teaspoon dried thyme leaves  
3 tablespoons softened butter  
3 tablespoons flour  
more water, if needed

1 recipe of my Perfect Mashed Potatoes

## DIRECTIONS:

Preheat oven to 300 degrees. In large heavy bottomed pot {such as a dutch oven} heat olive oil over medium heat. When pot is hot, sauté onions for 3 minutes. Stir in garlic and cook another minute. Season meat with salt and pepper. Add meat to pot. This should take about 5 minutes. Pour in beef consommé, water, bay leaves and thyme. Stir and cover. Place in preheated oven and bake 2-3 hours or until meat is fork tender. Remove from oven.

Using a slotted spoon, remove meat from liquid in pot. Return to medium heat on stove top. In a small bowl, mix butter and flour together until a smooth paste forms. Pour butter mixture into hot liquid and whisk in to stir. When done, sauce should thicken to gravy. If gravy gets too thick, add in 1/2 cup water or until desired consistency. Replace meat and stir to coat in gravy. Turn heat to low to keep warm before serving.

Serve with Mashed Potatoes.