

## Bourbon Beef Tips

by Carole Carter, From My Carolina Home Blog

1 3-4 pound beef round roast, cut into bite size pieces  
1 15-ounce can low sodium beef broth  
1/2 cup bourbon  
1/2 cup coarsely chopped onion  
2 cloves fresh garlic, smashed  
1 bay leaf  
1/4-teaspoon each salt and pepper  
1/2-cup mushrooms, sliced (optional)

2 tablespoons flour (or cornstarch)  
1/2 cup water

Pat roast dry. Sear the pieces in a dry non-stick skillet in batches, adding to the slow cooker when nicely browned. Add onions and garlic to cooker. Deglaze the pan with some of the beef broth and add to the cooker along with any remaining broth. Add bourbon, salt and pepper. Stir well. Add mushrooms on top.

Cook on low for 6-8 hours, until tender.

Remove meat to a plate with a slotted spoon and pour the broth into a fat separator. Then, pour the broth from the fat separator into a sauce pan defatting the broth. Bring to a boil. Stir in a slurry of flour and water (or cornstarch and water) to thicken the gravy. Return the meat and gravy to the cooker to keep warm.

Serve hot with cooked noodles or rice.

Yield - 6-8 servings