

- Prep Time: 15 minutes
 - Cook Time: 4 to 8 hours (depending on intensity setting)
 - Total Time: 4 hours 15 minutes – 8 hours 15 minutes
 - Yield: 6 servings
 - Category: Main Course / Comfort Food
 - Cuisine: American
-

Table of Contents



- [Ingredients](#)
 - [For the Beef and Mushrooms:](#)
 - [For the Rich Gravy:](#)
 - [Optional \(For serving\):](#)
- [Instructions](#)
 - [Phase 1: The Sear \(Intensity: Medium-High\)](#)
 - [Phase 2: The Sauté \(Intensity: Medium\)](#)
 - [Phase 3: The Slow Cook \(Intensity: Low or High\)](#)
 - [Phase 4: The Thicken \(Intensity: High\)](#)
 - [Phase 5: Serving](#)
- [Recipe Notes & Variations](#)

- [Nutrition Information](#)

Ingredients

To achieve the perfect balance of savory depth and tender texture, you will need the following:

For the Beef and Mushrooms:

- 2.5 to 3 lbs Beef Stew Meat (or sirloin tips): Cut into 1 to 1.5-inch cubes. If using stew meat, trim any large pieces of fat.
- 1 lb Fresh Mushrooms: Cremini (baby bella) or white button mushrooms work best. Clean them and slice them thickly. If you are short on time, two 8-ounce cans of sliced mushrooms (drained) can be substituted, but fresh is vastly superior.
- 1 Large Yellow Onion: Diced.
- 3 Cloves Garlic: Minced.
- 2 tbsp Olive Oil: For searing.
- Salt and Pepper: To taste.

For the Rich Gravy:

- 1 Can (10.5 oz) Condensed Cream of Mushroom Soup: Do not add water.
- 1 Packet (1 oz) Dry Onion Soup Mix: This is the secret flavor weapon.
- 1.5 Cups Beef Broth: Low sodium is preferred.
- 1 tbsp Worcestershire Sauce: For umami depth.
- 1 tsp Dried Thyme: Or 1 tbsp fresh thyme.
- 1 tsp Smoked Paprika: Adds a subtle warmth.
- 2 tbsp Cornstarch + 3 tbsp Cold Water: For a slurry to thicken the sauce at the end.

Optional (For serving):

- Fresh parsley, chopped.
 - Mashed potatoes, egg noodles, or rice.
-

Instructions

Phase 1: The Sear (Intensity: Medium-High)

Time: 10 Minutes

While it is tempting to dump everything into the crockpot raw, taking 10 minutes to sear the beef is the difference between a good meal and a great one. Searing creates the Maillard reaction, adding a deep, roasted flavor that slow cooking alone cannot achieve.

1. Prep the Beef: Pat your beef cubes dry with a paper towel. This is crucial for getting a good sear. Season generously with salt and black pepper.
2. Heat the Pan: In a large skillet, heat the olive oil over medium-high heat.
3. Sear: Working in batches (do not overcrowd the pan), sear the beef on all sides until nicely browned. You aren't cooking it through, just creating a crust. This should take about 2-3 minutes per batch.
4. Transfer: Use a slotted spoon to transfer the seared beef directly into the slow cooker.

Phase 2: The Sauté (Intensity: Medium)

Time: 5 Minutes

1. Sauté Aromatics: In the same skillet, add the diced onion. Sauté for 2-3 minutes until softened and translucent.

2. Add Garlic and Mushrooms: Add the minced garlic and sliced mushrooms. Sauté for another 3-4 minutes. The mushrooms will release their moisture. You want them to soften slightly and soak up the pan juices.
3. Deglaze (Optional but recommended): Pour a splash of the beef broth into the skillet and scrape up the browned bits (fond) from the bottom of the pan. This is pure flavor.
4. Combine: Pour the entire skillet contents (onions, mushrooms, and juices) over the beef in the crockpot.

Phase 3: The Slow Cook (Intensity: Low or High)

Time: 4 to 8 Hours

Now, we let the slow cooker do the heavy lifting.

1. Mix the Sauce: In a medium bowl, whisk together the cream of mushroom soup, dry onion soup mix, remaining beef broth, Worcestershire sauce, thyme, and smoked paprika.
2. Pour: Pour this mixture over the beef and mushrooms in the crockpot. Stir gently to combine.
3. Cover and Cook:
 - High Intensity: Cook for 4 to 5 hours.

- Low Intensity: Cook for 7 to 8 hours.
- *Note: The beef is done when it is fork-tender and shreds easily with minimal pressure.*

Phase 4: The Thicken (Intensity: High)

Time: 10 Minutes

At the end of the cooking time, you will likely notice the sauce is quite thin. We need to turn it into a luscious gravy.

1. Make the Slurry: In a small cup, whisk the cornstarch and cold water until smooth.
2. Thicken: Turn the crockpot to High. Stir the slurry into the beef mixture.
3. Simmer: Cover and cook for an additional 10-15 minutes, or until the sauce has thickened to your liking.
4. Taste: Taste the gravy and adjust salt and pepper if needed.

Phase 5: Serving

- Serve the beef tips and gravy over a bed of creamy mashed potatoes, wide egg noodles, or steamed rice.

- Garnish with fresh chopped parsley for a pop of color.
-

Recipe Notes & Variations

- **The Mushroom Factor:** If you love mushrooms, feel free to add an extra half-pound. You can also rehydrate dried porcini mushrooms and add them with their soaking liquid for an intense, earthy flavor.
 - **Red Wine Variation:** For a more sophisticated flavor profile, replace 1/2 cup of the beef broth with a dry red wine (like Cabernet Sauvignon or Merlot). Add it during the “Mix the Sauce” phase.
 - **Sour Cream Finish:** For a stroganoff-style twist, stir in 1/2 cup of sour cream just before serving (after you have thickened the sauce). Do not boil after adding sour cream, or it may curdle.
 - **Gluten-Free:** Ensure your dry onion soup mix and cream of mushroom soup are gluten-free. Use Tamari instead of Worcestershire sauce.
-

Nutrition Information

Disclaimer: The nutritional information below is an estimate and will vary based on the specific ingredients and brands used. It does not include the mashed potatoes or noodles for

serving.

- Calories: ~380 kcal
- Protein: 34g
- Carbohydrates: 12g
- Fat: 21g
- Saturated Fat: 7g
- Cholesterol: 95mg
- Sodium: 980mg (largely dependent on the soup mix and broth)
- Potassium: 650mg
- Fiber: 2g
- Sugar: 3g
- Vitamin A: 5% DV
- Vitamin C: 4% DV

- Calcium: 4% DV

- Iron: 25% DV