

Beefless Tips N' Rice



Prep:

10 minutes

Total:

30 minutes

Makes:

6 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover
medium mixing bowl

Rate Recipe:

Select rating Give Beefless Tips N' Rice 1/5 Give Beefless
Tips N' Rice 2/5 Give Beefless Tips N' Rice 3/5
Give Beefless Tips N' Rice 4/5 Give Beefless Tips N' Rice 5/5

Contributed By:

Katherine Lawrence
Cooking instructor, VegNews TV chef, and nutrition instructor
[Write a Review](#)

Recipe Description:

This [vegan recipe](#) is rich and hearty - a delicious, meat-free substitute for beef that is also [low-fat](#) and [cholesterol free](#)!

¹/₂

onion, sliced, use Cone #4

3

garlic cloves, shredded, use Cone #1

2

cups

mushrooms, sliced thick

(140

g)
³?⁴

cup

red cooking wine

(180

mL)

18

ounces

vegan "beef" cubes, cut in half

(510

g)

2

cups

vegetable broth

(475

mL)

¹?³

cup

+ 1 tablespoon whole-wheat pastry flour

(42

g)

¹?⁴

teaspoon

salt

(1.25

mL)

¹?²

teaspoon

ground black pepper

(2.5

mL)

2

tablespoons

soy sauce

(30

mL)

4

cups

cooked short-grain brown rice

(780

g)

Directions:

1. In skillet, sauté onion over medium heat until translucent. During the last 2 minutes of cooking, add the garlic. Remove onions and garlic from skillet and set aside.
2. Place mushrooms in a single layer in skillet and cook for 5 minutes over medium heat until light brown. Turn mushrooms

and cook for 5 more minutes on remaining side. Use a cover, if needed, to keep mushrooms from sticking. Remove mushrooms from skillet and set aside.

3. Pour wine into skillet and simmer over medium-high heat for 5 minutes to evaporate the alcohol. Add ?beef? tips and simmer, stirring occasionally, over medium heat for 5 minutes.
4. Meanwhile, in a medium bowl, mix the remaining ingredients, except rice, and whisk until the flour lumps are dissolved. Increase the heat to medium-high and add onions, garlic, mushrooms and gravy mixture to the beef and wine sauce. Continue to cook until the gravy thickens, stirring constantly.
5. Serve beefless tips and gravy over cooked brown rice.

Tips:

- This dish pairs nicely with Brussels Sprouts.

Nutritional Information per Serving

Calories:

334

Total Fat:

6g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

948mg

Total Carbs:

46g

Dietary Fiber:

6g

Sugar:

3g

Protein:

20g