

No Peek Beef Tips: Tender, Juicy, and Full of Flavor

The Secret of "No Peek" Cooking



OVEN
300°F

METHOD
Slow cooker

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INGREDIENTS

to create these tender and flavorful No Peek Beef

DIRECTIONS

1. method is a testament to the power of consistent, low-and-slow heat, typically in an oven. The key is to create a sealed environment (often using foil tightly over a casserole dish) that traps moisture and allows the ingredients to braise and tenderize in their own juices and added liquids. This method prevents evaporation, ensuring that the meat stays incredibly juicy and flavorful, and that the sauce develops a rich consistency without drying out.
2. For beef tips, this technique is particularly effective. Tougher cuts of beef benefit immensely from long, gentle cooking, which breaks down connective tissues and renders them melt-in-your-mouth tender. The inclusion of condensed soups and seasonings often found in "no peek" recipes (similar to dump-and-bake casseroles) further simplifies the process, creating a cohesive, savory gravy with minimal fuss. This
3. No Peek : Beef Tips
4. recipe leverages that genius, offering a delicious, hearty meal that's truly effortless.
5. Ingredients
6. Here's what you'll need to create these tender and flavorful No Peek Beef Tips:
7. beef stew meat
8. sirloin tips
9. , cut into 1 1/2-inch cubes
10. 5 ounce) can
11. condensed cream of mushroom soup
12. condensed cream of celery soup
13. (or another can of cream of mushroom)

14. 1 (1 ounce) packet
15. dry onion soup mix
16. beef broth
17. (low sodium recommended)
18. 1 tablespoon
19. Worcestershire sauce
20. 1/2 teaspoon
21. garlic powder
22. 1/4 teaspoon
23. black pepper
24. Optional : Garnish: Fresh chopped
25. Swaps and : Notes

SWAPS & NOTES

Beef: Beef stew meat (often chuck roast) or sirloin tips are excellent choices as they become incredibly tender with long, slow cooking.

Cut them into uniform 1 1/2-inch cubes for even cooking.

Condensed Soups: The combination of cream of mushroom and cream of celery soups creates a classic, rich, and creamy gravy base.

You can use two cans of either if you prefer.

TIPS FOR SUCCESS

No Peeking! (Seriously): The sealed environment and trapped steam are crucial for tenderizing the beef and preventing the gravy from drying out.

Tightly Covered Dish: Ensure your baking dish is sealed completely with foil or a tight-fitting lid.

This creates the necessary braising environment.

Uniform Beef Cubes: Cut your beef into roughly equal-sized pieces for even cooking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/no-peek-beef-tips-tender-juicy-and-full-of-flavor/>