

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

This No Peek Beef Tips recipe is a true hero in my kitchen, and here's why it's a must-try:



**OVEN**  
**325°F**

**TIME**  
**10-15 min**

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**SAVE**  
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### INGREDIENTS

2 lbs beef stew meat (or beef chuck roast, cut into 1-inch pieces)  
1 can (10.5 oz) condensed cream of mushroom soup  
1 packet (0.9 oz) dry onion soup mix  
1 can (10.5 oz) condensed cream of celery soup (or another cream of mushroom)  
1 ½ cups beef broth (or water)  
Salt and freshly ground black pepper to taste  
Optional: Cooked egg noodles, mashed potatoes, or rice for serving  
Optional: Fresh parsley for garnish

### DIRECTIONS

- 1. Preheat : Oven:** Preheat your oven to 325°F (160°C). This lower temperature is essential for slow, tender cooking.
- 2. Prepare : Beef:** Lightly pat the beef stew meat dry with paper towels. Season the beef generously with salt and freshly ground black pepper on all sides. While not strictly necessary for tenderness in this recipe, searing the beef beforehand (in a hot skillet with a little oil until browned on all sides) can add an extra layer of flavor and color. If doing so, transfer to the casserole dish after searing.
- 3. Combine : Ingredients:** In a large mixing bowl or directly in your casserole dish, combine the seasoned beef, condensed cream of mushroom soup, dry onion soup mix, condensed cream of celery soup, and beef broth. Stir everything together until the beef is well coated and the ingredients are thoroughly mixed.
- 4. Transfer to : Casserole Dish:** Pour the entire mixture into a large oven-safe casserole dish (a 9x13 inch dish or similar size is ideal). Ensure the beef is mostly submerged in the liquid.
- 5. Cover : Tightly:** This is the "no peek" secret! Cover the casserole dish very tightly with a lid or with aluminum foil. Make sure it's sealed completely to trap the steam and create that tenderizing environment.
- 6. Bake (No Peeking!):** Place the covered casserole dish in the preheated oven. Bake for 3-4 hours, or until the beef is incredibly tender and easily pulls apart with a fork. Resist the urge to peek! Opening the lid releases the steam and can extend cooking time and affect tenderness.

7. **Rest & Serve:** Once baked, carefully remove the casserole from the oven. Let it rest, still covered, for 10-15 minutes. This allows the juices to redistribute and the sauce to thicken slightly. Give the sauce a good stir. Serve the No Peek Beef Tips hot over cooked egg noodles, creamy mashed potatoes, or fluffy white rice. Garnish with fresh parsley if desired. Enjoy this tender, juicy, and flavorful meal!

## SWAPS & NOTES

**Beef:** Beef stew meat or chuck roast cut into 1-inch pieces are ideal for this recipe as they become incredibly tender with long, slow cooking.

Sirloin tips can also be used, but cook time might be slightly less.

**Cream Soups:** Cream of mushroom and cream of celery create a classic rich gravy.

You can use two cans of the same soup (e.g., two cream of mushroom) if you prefer, or explore other cream of soups like cream of chicken for a slightly different flavor.

## TIPS FOR SUCCESS

**Seal Tightly:** This cannot be stressed enough.

A tight seal is the key to the "no peek" method's success for tender beef.

**Low and Slow:** The lower oven temperature and longer cooking time are crucial for breaking down the tough fibers in stew meat, resulting in fall-apart tenderness.

Don't Overcrowd: Use a casserole dish large enough so the beef is in a relatively even layer and not too piled up.

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

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