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Low Sodium Tri Tip Roast

Serves 6 to 8

Ingredients

2 Tri Tip Roasts, about 1¾ lb. each
garlic
pepper
herbs- like rosemary or herbs de Provence
2 bay leaves
2 celery stalks
2-3 onions, sliced
1 (15oz) can diced tomatoes
1-1½ cups red wine
½-1 cup reduced sodium beef broth

Preparation

1. Preheat the oven to 400°.
2. Rub both sides of the beef generously with garlic, pepper and herbs. Place them in a shallow baking pan. Place a bay leaf on top. Then celery and onion.
3. Pour diced tomatoes, red wine, and broth over all. Cover tightly with foil (or use a roasting bag), and bake at 400° for 15 minutes, then reduce heat to 350° for another 2½ hours or so.
4. It is done when a fork will pull the meat apart into shreds easily.



Food Fairy Note: If you need it to cook quickly, cut each roast into about 4 or 5 pieces, and heat the wine and broth before adding it to the baking pan.