



HERBAL
GOODNESS
in every bite!

DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 



TODAY'S HIGHLIGHT:

ROSEMARY GARLIC BEEF TIPS WITH MUSHROOMS & ONIONS

Tender beef tips, mushrooms, onions, garlic, rosemary and thyme come together in a rich, savory skillet dinner. 



INGREDIENTS:

- 1 1/2 lb beef sirloin, cut into pieces
- 2 Tbsp olive oil
- 8 oz cremini mushrooms, sliced
- 1 medium onion, sliced
- 3 garlic cloves, minced
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme leaves
- 1/2 cup beef broth
- 1 Tbsp Worcestershire sauce
- Salt and pepper to taste

HOW TO MAKE:

- 1 Season beef with salt and pepper.
- 2 Sear beef in hot oil; remove.
- 3 Cook mushrooms and onion until browned.
- 4 Add garlic, herbs, broth and Worcestershire.
- 5 Return beef; simmer 5-7 minutes until tender.

*Simple ingredients.
Rich garden flavor.*



TINY HERBAL TIP

Sear beef in batches so it browns instead of steaming.



Sharing herbal knowledge, recipes & natural living to help you thrive — naturally!

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@EverythingHerbalbyCherylJabz

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HERBAL BENEFITS:



PROTEIN-RICH

Beef provides satisfying protein.



SAVORY VEGETABLES

Mushrooms and onions add hearty flavor.



FRAGRANT & HERBAL

Rosemary and thyme add earthy aroma.



ONE-SKILLET EASY

A complete dinner with simple cleanup.

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*Thank you for being
part of this herbal
wellness journey!*

