

Chai-Tip Beef

2-3 lbs tri-tip beef roast	1 T honey
2 C strong brewed Masala Chai tea (use 4-5 T)	1 † ground ginger
1 lg onion, sliced	1 † ground cinnamon
4 cloves garlic, minced	1/2 † ground cloves
1 T olive oil	1/2 † ground cardamom
1 T soy sauce	Salt and pepper to taste
1 T Worcestershire sauce	

BREW THE CHAI TEA: Steep 4-5 chai tea bags in 2 cups of boiling water for about 10 minutes. Remove the tea bags and set the tea aside.

SEASON THE TRI-TIP: Rub the tri-tip roast with salt and pepper.

SEAR THE TRI-TIP: In a large skillet, heat the olive oil over medium-high heat. Sear the tri-tip on all sides until browned, about 2-3 minutes per side.

PREPARE THE SLOW COOKER: Place the sliced onion and minced garlic at the bottom of the slow cooker.

COMBINE THE LIQUIDS: In a bowl, mix the brewed chai tea, soy sauce, Worcestershire sauce, and honey.

ADD THE SPICES: Stir in the ground ginger, cinnamon, cloves, and cardamom into the chai tea mixture.

SLOW COOK: Place the seared tri-tip on top of the onions and garlic in the slow cooker. Pour the chai tea mixture over the beef.

COOK ON LOW: Cover and cook on low for 6-8 hours, or until the beef is tender and easily shredded with a fork.

SERVE: Remove the tri-tip from the slow cooker and let it rest for a few minutes before slicing. Serve with the onions and a bit of the cooking liquid drizzled over the top.