

Tenderloin Tips with mushroom cream sauce

Be sure to use dry Marsala, not sweet — it gives the dish its distinct flavor.
You can buy small airline-sized bottles at a liquor store.

Makes 4 servings, 2 cups sauce
Total time: 30 minutes

FOR THE BEEF, HEAT:

- 2 Tbsp. olive oil
- 1 lb. beef tenderloin tips, cubed
- 1 Tbsp. black pepper
- Kosher salt

FOR THE SAUCE, ADD:

- 1 lb. sliced button mushrooms
- 1/4 cup chopped shallots
- 1 Tbsp. minced garlic
- 1/2 cup dry Marsala
- 1 cup heavy cream
- 2 oz. cream cheese
- 2 Tbsp. stone-ground mustard
- 2 tsp. fresh lemon juice
- 2 tsp. minced fresh thyme
- Minced fresh parsley (optional)

For the beef, heat oil in a nonstick skillet over high until it shimmers. Season beef with pepper and salt. Add beef to skillet and sear until browned on all sides; transfer to a plate.

For the sauce, add mushrooms to the same skillet; cover and cook over high heat until they release their liquid. Remove lid and continue cooking until mushrooms brown and liquid evaporates, 7–9 minutes. Add shallots and garlic to skillet; cook until fragrant, 1–2 minutes.

Deglaze skillet with Marsala; reduce by half. Reduce heat to medium and stir in cream, cream cheese, and mustard. Simmer sauce until thickened, 3–5 minutes. Stir in lemon juice, thyme, and any meat juices accumulated on the plate.

Serve sauce and beef over Lemony Pappardelle; garnish with parsley.

Per serving: 501 cal; 38g total fat (19g sat); 158mg chol; 325mg sodium; 12g carb; 1g fiber; 27g protein



Once mushrooms brown and juices evaporate, add the aromatics and cook to bring out their flavor.



To thicken the sauce quickly and impart tangy flavor, add a little cream cheese and let it melt.



The meat juices on the plate are loaded with flavor you don't want to



Lemony Pappardelle

The lemon and parsley in this side dish balance the richness of the creamy mushroom sauce.

Makes 4 servings (4 cups)
Total time: 15 minutes

- 8 oz. dry pappardelle pasta
- 2 Tbsp. unsalted butter
- 2 Tbsp. minced fresh parsley
- 1 Tbsp. minced lemon zest
- Salt and black pepper to taste

Cook pappardelle in a large pot of boiling salted water according to package directions; drain.

Toss pappardelle with butter, parsley, and zest; season with salt and pepper.

Per serving: 272 cal; 7g total fat (4g sat); 15mg chol; 11mg sodium; 41g carb; 2g fiber; 8g protein