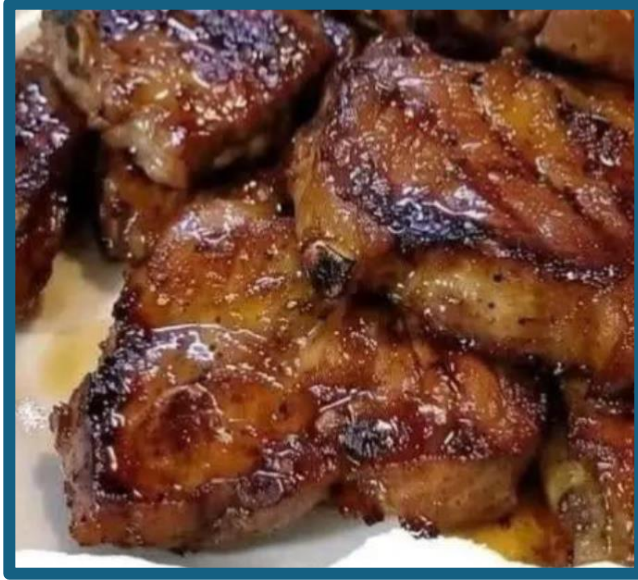


Pan-Seared Beef with Creamy Marsala Sauce



Ingredients:

1 tablespoon olive oil
1 pound beef tenderloin
Salt and pepper to taste
For the Creamy Marsala Sauce:
2 tablespoons butter
5 ounces mushrooms, sliced
1/4 cup finely chopped shallots or onion
1 garlic clove, minced
1 1/2 tablespoons flour
1/2 cup Marsala wine
2 cups low sodium chicken broth
5 tarragon leaves
1/4 cup cream

Instructions:

Preheat Oven: Preheat your oven to 390°F.

Prepare and Sear Beef: Sprinkle the beef tenderloin with salt and pepper.

Heat the olive oil in an ovenproof skillet over high heat. Sear the beef on all sides until nicely browned.

Place the skillet in the preheated oven and roast the beef for 15 minutes for medium-rare or 18-20 minutes for well-done.

Remove the beef from the skillet, cover with foil, and set aside in a warm place while you make the sauce.

Creamy Marsala Sauce: In the same skillet, melt 1 tablespoon of butter over high heat. Add the sliced mushrooms and cook until browned, then remove and set aside.

Reduce the heat to medium-high and melt the remaining tablespoon of butter. Add the shallots or onion and garlic, cooking for about 2 minutes until softened.

Stir in the flour and cook for another minute.

Add the Marsala wine, cooking until it has mostly evaporated, about 1 minute.

Add the chicken broth and tarragon leaves, whisking until combined. Bring the mixture to a simmer and cook until the liquid has reduced by half, about 3-5 minutes.

Stir in the cream, then return the mushrooms and beef to the skillet. Simmer for 1-2 minutes until the sauce thickens to a thin gravy consistency.

Serve: Transfer the beef to a serving platter, either with the gravy on the side or poured over the top. Serve with mashed potatoes or your favorite side dish. Enjoy!