Tenderloin Tips with Garlic and Mushrooms

Description

This dish is a quick stir-fry made from the parts of the whole tenderloin that are left over after slicing it into filet mignon. Flavored with garlic and combined with tomatoes, mushrooms and scallions, these tender bits of steak make a fabulous one-dish meal to serve over rice.

Summary

Yield: 4
Prep Time: 1 hour
Category: Meats
Cuisine: American

Ingredients

- 1 lbs beef tenderloin cut into 1 inch cubes
- 6 clove garlic finely chopped
- 2 tbsp vegetable oil
- 2 tsp soy sauce
- 1/2 tsp worcestershire sauce
- 8 oz mushrooms sliced
- 1 1/2 cup cherry tomatoes halved
- 4 scallions sliced
- 1 tbsp butter
- steamed white rice

Instructions

Combine the tenderloin tips, garlic, 1 tablespoon of the vegetable oil, soy sauce and Worcestershire in a mixing bowl.

Season with 1/4 teaspoon of salt and few grinds of black pepper.

Toss to coat the beef thoroughly and set aside for 30 minutes at room temperature.

Heat the remaining tablespoon of vegetable oil in a large, heavy skillet or wok over medium-high heat.

Add the mushrooms and stir-fry until browned, about 4 minutes.

Add the beef and stir fry until nicely browned on the outside, about 3 minutes for medium rare.

Add the tomatoes and scallions and toss to combine.

Add the butter and continue cooking just long enough to coat the meat with the pan juices.

Remove from the heat.

To serve, plate individual servings of rice and top with the steak mixture.