

Creamy Mushroom Pork Tenderloin

This easy creamy mushroom pork tenderloin recipe has melt-in-your-mouth pork medallions smothered in a creamy garlic mushroom sauce! It's a 30-minute meal.

Ingredients:

1 pound pork tenderloin cut into medallions
Salt & pepper to taste
1 tablespoon olive oil
3 tablespoons butter divided
8 ounces cremini mushrooms

3 cloves garlic minced
1/2 teaspoon Dijon mustard
1/4 teaspoon Italian seasoning or Herbs de Provence
1/4 cup chicken/beef broth or wine (dry white or sherry)
3/4 cup heavy/whipping cream

Directions:

Trim any excess fat and the silver skin (the tough part that may cover some of the tenderloin) and cut it into 1" medallions. Season each piece with salt & pepper.

Add the oil and one tablespoon of the butter to a skillet over medium-high heat. Let the pan warm up for a few minutes.

Sear the pork for 3 minutes/side then transfer it to a plate.

Add in the remaining 2 tbsp butter and once it melts, add in the mushrooms and cook for 5-6 minutes, stirring occasionally, or until the water has been released and cooked off.

Stir in the garlic, Dijon mustard, Italian seasoning, and chicken broth. Let it bubble for about a minute.

Add in the cream and let it bubble for about a minute.

Add the pork back into the pan and let it cook for another 3-5 minutes or until the pork has cooked through and the sauce has reduced/thickened a bit. You may need to turn the heat down a bit so it doesn't boil furiously.

Season with extra salt & pepper as needed and serve immediately.

