Since the Dell TV is already connected to your main desktop computer, it's just a matter of a few clicks to add it as a second screen shared with your main computer. (Some people are using extra screens to monitor Zoom chats while they are screen sharing.)

Here are the steps:

1. Right click on the desktop
2. Select "Display Settings"
3. Scroll down to "Multiple Displays"
4. Select "Extend Displays"

When you're using an extended screen, click on the top bar of a window on your desktop to slide it off the edge of that screen. Continue sliding over and you'll see the window show up on the second screen. On mine, I needed to slide to the right of the main screen, but that may be different on different computers.