



Philly Cheesesteak Peppers

A great yet simple way to change things up for dinner or lunches to go! Like Philly cheesesteak sandwiches? Get all the flavor & protein without lots of carbs, a health and delicious alternative.

Prep Time: 10 min.

Cook Time: 35 min.

Ready In: 45 min.

Serving Size: 8 servings

Ingredients

- ✓ 1 lb. (16 oz.) of thinly sliced roast beef
- ✓ 16 slices of provolone cheese
- ✓ 4 large bell peppers (green, orange, red, or yellow)
- ✓ 1 medium sweet onion
- ✓ 2 (6 oz.) packages of baby bella mushrooms
- ✓ 2 tablespoons butter
- ✓ 2 tablespoons of olive oil
- ✓ 1 tablespoon of garlic, minced

Directions

1. Slice onions and mushrooms, then sauté in a pan over medium heat with olive oil, butter, and minced garlic. Sauté for about 25-30 minutes, until onions and mushrooms until softened and caramelized.
2. While mushrooms and onions are cooking, slice peppers in half lengthwise then remove seeds and ribs. Then, preheat oven to 400 degrees.
3. Slice roast beef into thin strips and add to the pan with the mushrooms and onions once caramelized, then cook for an additional 5-10 minutes.
4. Line the inside of each pepper half with a slice of provolone cheese. Then fill each pepper with sautéed meat mixture until they are very full and top each with an additional piece of provolone.
5. Bake for 15-20 minutes and serve.

Nutrition

Amount per serving

- ❖ Calories: 295
- ❖ Total Fat: 16 g
- ❖ Total Carbs: 7 g
- ❖ Protein: 28 g
- ❖ Cholesterol: 61 mg
- ❖ Sodium: 1,164 mg
- ❖ Potassium: 328 mg