



Philly Cheese Steak Sandwiches

Serves six

1.5 pounds beef loin top sirloin steak, very thinly sliced
2 tablespoons butter
2 yellow onions, finely sliced
1 green bell pepper, finely chopped (optional)
1 teaspoon garlic powder
8 slices Provolone cheese
Olive oil
Salt & Pepper
2 Baguettes or 6 sub rolls

Melt the butter and some olive oil in a large skillet. Add the onions and cook, stirring occasionally, until caramelized and browned.

Move the onions to the sides of the pan and add the meat in the middle. Fry, separating the meat with a spatula, until meat is fully cooked – about 5 minutes. Mix the cooked steak with the onions. Place the cheese on top of the meat. Allow the cheese to melt.

Toast the baguettes if wanted. Cut them into desired size, cut open the middle without cutting completely through to the other side and fill with the steak and cheese. Serve.

CALORIES 550.58; FAT 24.21 grs (sat 11.74; mono 7.36; poly 1.08); PROTEIN 42.44 grs ; FIBER 2.46 grs; CARBS 42.62 grs; CHOLESTEROL 98.30 mg; IRON 5.27 mg; SODIUM 1121.87 mg; CALCIUM 375.28 mg