



All for the Beef

Prep 15 mins
Cook 10 mins
Yields 4 servings

Philly Cheese Steak Sandwich



Shopping List



Fast fry beef round steaks (inside round)
Garlic powder and clove
Canola oil
Onion
Button mushrooms
Green and yellow bell peppers
Whole-wheat French baguette
Mozzarella cheese
Salt and pepper

Ingredients

¼ tsp (1 mL) each garlic powder, salt and pepper
1 tbsp (15 mL) canola oil, divided
1 lb (500 g) fast fry beef round steaks (inside round)
1 medium white onion, cut in half and then thinly sliced
2 cups (500 mL) sliced button mushrooms
½ green bell pepper, thinly sliced
½ yellow bell pepper, thinly sliced
1 whole-wheat French baguette
1 clove of garlic, cut in half
1 cup (250 mL) shredded mozzarella cheese

Instructions

1. Position the oven rack in top third of oven. Preheat the oven's broiler. In a small bowl, mix together garlic powder, salt and pepper.
2. Place fast fry steaks in a single layer on a plate and pierce all over both sides with a fork to tenderize the beef. Season beef with half of the salt and pepper mixture. In a large non-stick skillet, heat 1 tsp (5 mL) canola oil over medium-high. Cook beef for 2 minutes on each side. Remove from the skillet and set aside on a clean plate.
3. In the same skillet, heat 2 tsp (10 mL) canola oil over medium-high heat. Cook the onions for 2 minutes, stir in mushrooms, peppers and remaining salt and pepper mixture and cook for another minute, stirring often.
4. Cut baguette into 4 equal size pieces. Slice horizontally and place on a parchment-lined baking sheet open sides facing up. Rub each baguette with garlic. Place baking sheet in the oven under the broiler to toast the bread, about 1 minute. Remove from the oven; set the four baguette "tops" off to the side for later use. Layer the remaining four baguette slices on the baking sheet evenly with steak (slice the steak into smaller strips if needed), mushroom mixture and mozzarella cheese. Broil for another minute or until cheese is melted. Take out of the oven and top with the other half of the baguette.



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Enjoy this recipe right away or wrap in parchment to pack for lunch.

Piercing a tough cut of beef, such as an inside round, with a fork helps to tenderize it. You can also tenderize meat by using a meat mallet, slicing it thinly, cooking it low and slow or by using a marinade.

Nutrition Facts

per serving

Amount	
Calories	362
Protein	32 g
Fat	17 g
Carbohydrate	22 g
Fibre	3 g
Sugars	4 g
Added Sugar	2 g
Sodium	522 mg

notes

Recipe and image courtesy of Canada Beef <https://thinkbeef.ca/philly-cheese-steak-sandwich/>