

Beef and Vegetable Cheese Steak Sandwich

Total Recipe Time: 25 to 30 minutes

Makes 4 servings

Use leftover steak or roast to recreate a classic from Philly—complete with peppers, onions and cheese sauce.

INGREDIENTS

1. 12 ounces reserved cooked [Pepper-Crusted Tri-Tip Roast](#), thinly sliced
2. 2 small red, green or yellow bell peppers, cut into 1/4-inch thick strips
3. 1 medium yellow onion, cut into 1/4-inch thick strips
4. 3/4 cup reserved Garlic-Sherry Sauce
5. 1/3 cup process cheese dip
6. 2 tablespoons beer (optional)
7. 4 sandwich rolls (each 6 inches long), split, toasted

INSTRUCTIONS FOR BEEF AND VEGETABLE CHEESE STEAK SANDWICH

1. Spray large nonstick skillet with nonstick cooking spray. Heat over medium heat until hot. Add bell peppers and onion; cook and stir 8 to 10 minutes or until peppers are tender and onions are golden brown. Add Garlic-Sherry Sauce; cook and stir 1 to 2 minutes or until sauce is hot. Stir in beef roast. Cover; remove from heat. Let stand 2 minutes.
 2. Meanwhile, combine cheese dip and beer, if desired, in small microwave-safe bowl. Cover; microwave on HIGH 45 to 60 seconds or until heated through, stirring occasionally.
 3. Divide beef mixture evenly over bottom of each roll. Top evenly with cheese sauce. Close sandwiches.
- Test Kitchen Tips
 - Cheese dip and beer, if desired, may be combined in small saucepan and heated over medium heat 1 to 2 minutes, stirring occasionally.

NUTRITIONAL INFORMATION FOR BEEF AND VEGETABLE CHEESE STEAK SANDWICH

Nutrition information per serving: 496 calories; 14 g fat (5.6 g saturated fat; 3.6 g monounsaturated fat); 80 mg cholesterol; 1241 mg sodium; 58 g carbohydrate; 3.7 g fiber; 35 g protein; 10.7 mg niacin; 0.6 mg vitamin B₆; 1.3 mcg vitamin B₁₂; 4.3 mg iron; 27.6 mcg selenium; 4.4 mg zinc; 90.8 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and choline.