

Philadelphia Cheese Steak

This beef sandwich with cheese and onions on a long roll has been a favorite fast food in the City of Brotherly Love since the 1930s.

1 12-ounce boneless beef rib eye steak
2 tablespoons margarine or butter
2 medium onions, thinly sliced and separated into rings
1 medium red or green sweet pepper, cut into thin strips
4 French rolls or hoagie buns split
4 ounces thinly sliced cheddar cheese

Partially freeze beef. Thinly slice beef across the grain into bite-size strips. In a 10-inch skillet, melt margarine or butter; add onions and pepper. Cover and cook over medium-low heat about 10 minutes or until tender, stirring occasionally.

Remove onion-pepper mixture from the skillet with a slotted spoon. If necessary, add additional margarine to skillet. Add beef; cook and stir over medium-high heat for 2 or 3 minutes or until done.

To serve, spread rolls open face on a baking sheet. Divide beef and onion-pepper mixture among rolls. Top with cheese. Broil 4 to 5 inches from heat for 1 to 2 minutes or until cheese is melted. Serve immediately.

484 calories, 25 grams fat.

Servings: 4

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