



PHILLY GROUND BEEF CHEESESTEAK

By Dr. Cindy Tanzar
(Maintenance)

This recipe uses ground beef for a simple, less expensive version of Philly Cheesesteak. It gives you the flavors of cheesesteak without the high-glycemic carbs that stop weight loss. Since this is a maintenance recipe, you don't have to be so tight in calculating the exact amount of veggies, etc. It's just clean eating. This recipe can be 7 servings equally divided (80/20 or 85/15 beef cooks down) to stay close to plan or served to your family in portions they want.



INGREDIENTS

- 2 Tbsp avocado oil
- 2 lbs. grass-fed ground beef (80/20% or 85/15% - not lean)
- 1-1/2 Tbsp Steak Seasoning (no msg/preservatives), can use dried garlic and onion or your choice of seasoning
- 3 cups green pepper and sweet pepper strips (red, yellow or orange)
- 2 small onions, sliced
- 2 cups mushrooms, thinly sliced
- 4-5 oz organic provolone (1 slice in package is usually 1 oz)
- Pink Himalayan salt, to taste



INSTRUCTIONS

Heat a skillet over medium heat and add a Tbsp of avocado oil. Add peppers, onion and mushrooms, sautéing until the vegetables are tender and a bit caramelized.

While the vegetables are cooking, heat another large oven-proof skillet (cast iron or stainless steel) over medium-high heat. Add 1 Tbsp avocado oil and the ground beef. Sprinkle steak seasoning over meat and brown, breaking into chunks. Do not drain the beef when done.

Turn broiler on to high.

Pour the vegetables over the ground beef and mix well. Add cheese slices or shredded cheese over the top. Set oven-proof skillet in the oven, watching carefully until cheese is melted and starting to brown.

Serve in a bowl as is, over lettuce or in a lettuce wrap.