



Philly Cheesesteak Stir-Fry



Entire recipe: 351 calories, 12g total fat (5.5g sat fat), 619mg sodium, 25g carbs, 6g fiber, 11.5g sugars, 39g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 10 minutes **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 tsp. au jus gravy mix (like [the kind by McCormick](#))
- 3 cups sliced white mushrooms
- 1 cup sliced green bell pepper
- 1 cup sliced onion
- 1/2 tsp. garlic powder
- 4 oz. thinly sliced raw lean flank steak
- 1 slice reduced-fat provolone cheese, torn into pieces

Directions

In a small bowl, combine gravy mix with 1/4 cup water. Stir to dissolve.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, pepper, onion, and 1/4 tsp. garlic powder. Cook and stir until mostly softened, about 10 minutes.

Add beef to skillet, and sprinkle with remaining 1/4 tsp. garlic powder. Add gravy mixture, and cook and stir for 2 minutes, or until beef is cooked through and gravy has thickened.

Tear cheese into pieces, and place over stir-fry. Cover and cook until melted, about 1 minute.

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.