



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

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



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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

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