



## Primal Philly Cheesesteaks

Active Time: 20 minutes | Total Time: 1 hour | Serves: 6

### Nutrition Information Per Serving

403.8 calories, 15.77 g carbohydrate, 8.51 g fiber, 7.26 g NET carbs, 28.89 g protein, 24.41 g fat

#### Ingredients

- 1 package Wellness Bakeries Better Bread Mix
- 2/3 cup(s) boiling filtered water
- 2 Tbsp(s) organic apple cider vinegar
- 8 large(s) egg whites
- 1 pound grass-fed beef minute steaks
- 3 Tbsp(s) coconut oil
- 1/2 large(s) sliced yellow onion
- 1 medium sliced red bell pepper
- 1 pinch sea salt and pepper to taste
- 2 ounce(s) organic monterey jack cheese

#### Preparation

1. Preheat oven to 350 F and grease a baking sheet.
2. Follow the instructions for Better Bread Mix. Separate dough into 6 pieces. Shape each piece into a submarine-shaped log and place on greased baking sheet (NOTE: Dough will triple in height. Create slightly-flattened 5 inch long sub rolls with 2 inch width and 1 inch height for best result).
3. Score the top of the dough on the bias — this will help the rolls keep their shape when they rise.
4. Bake for 45-50 minutes — sub rolls should be very firm.
5. Meanwhile, preheat cast iron pan over medium-high heat and add 1 Tbsp. oil.
6. Salt and pepper each the steak slices on both sides.
7. Add the meat and brown the steaks for about 2-3 minutes.
8. Transfer cooked meat to a glass dish and cover.
9. Add remaining oil to pan.
10. Add the bell pepper and onion and sauté until softened, about 8 minutes.
11. Slice each sub roll lengthwise to form a nice pocket. Fill with the minute steaks, sautéed onions and peppers.
12. Top with cheese and wrap subs in foil, and transfer to a warm oven to melt.

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