

Philly Cheese Steak Pepper Recipe

prep: 15 mins | **cook:** 20 mins | **total:** 35 mins

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yield: 8 stuffed peppers

A healthier take on the classic Philly cheese steak with beef, mushrooms, and onions baked in a bell pepper shell and topped with mozzarella cheese.



Ingredients

- 4 bell peppers
- 2 TBSP butter or coconut oil
- 1 onion
- 2 cups mushrooms
- 1 lb roast beef, ground beef, or leftover steak or roast
- 8 oz mozzarella cheese (optional)

Instructions

1. Preheat oven to 375°F.
2. Wash peppers and cut in half lengthwise.
3. Remove the seeds and either dry them for planting or discard.
4. Heat the butter or coconut oil in a large skillet.
5. Slice the onion and add to skillet.
6. Saute about 5-8 minutes until the onions are starting to become translucent.
7. Thinly slice the mushrooms and add to the pan.
8. Saute another 5-8 minutes.
9. Slice the roast beef into strips.
10. Add it to the skillet and saute until cooked or heated through.
11. Place the peppers in a large baking dish, open side up.
12. Spoon the meat/onion/mushroom mixture into the bell peppers.
13. Top each pepper with the shredded cheese and bake for at least 20 minutes or until well cooked. Enjoy!

Notes

You can make extra filling and freeze it to stuff in fresh peppers for an easy meal later.

courses: main

cuisine: american

Nutrition Facts

Serving Size 1 pepper

Amount Per Serving

Calories 198

	% Daily Value
Total Fat 8 g	12%
Saturated Fat 3.8 g	19%
Cholesterol 60 mg	20%
Sodium 283 mg	12%
Total Carbohydrates 6.7 g	2%
Dietary Fiber 2.2 g	9%
Sugars 4 g	
Protein 25.6 g	51%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Recipe by Wellness Mama® at <https://wellnessmama.com/8134/philly-cheese-steak-peppers/>