Ingredients

- 1 12-ounce flank steak, fat trimmed
- ½ teaspoon salt
- ¾ teaspoon black pepper, divided
- 1 tablespoon olive oil
- 1 medium onion, sliced
- 10 ounces mushrooms, sliced
- 1 bell pepper (green or red), sliced
- 2 cloves garlic, minced
- 1 teaspoon Worcestershire sauce
- 1 tablespoon all-purpose flour
- ½ cup 1% milk
- ¾ cup shredded provolone cheese
- ¼ cup grated Parmesan cheese
- 4 whole grain hoagie rolls, cut in half lengthwise and toasted

Nutrition Facts: 540 calories, 19g fat, 7g saturated fat, 800mg sodium, 59g carbohydrates, 9g fiber, 36g protein

American Classics

HEALTHIER TRADITIONS COOKBOOK

Directions

SERVES 4

1. Slice flank steak into thin slices (slicing across the grain helps make meat more tender). Season meat with ¼ teaspoon salt and ½ teaspoon pepper. Set aside.

2. Heat olive oil in a skillet over medium-high heat. Add onions and cook about 2-3 minutes, stirring constantly, until translucent. Add mushrooms, peppers, garlic, and ¼ teaspoon black pepper and cook until vegetables are soft, about 8 minutes.

Add beef and sauté, stirring constantly. Cook 2–4 minutes until beef browns (exact cooking time will depend on the thickness of your slices). Remove from heat and add Worcestershire sauce.

3. Add flour to small saucepan over medium heat. Gradually whisk in milk until blended. Bring to a simmer, stirring constantly, and cook for 2 minutes or until thickened. Remove from heat and add provolone and Parmesan, stirring until sauce is smooth.

4. Assemble sandwiches. Place ¼ of meat and vegetable mixture on bottom half of each hoagie roll (ifyou're having trouble fitting it all, scoop out part of the center of the roll). Pour ¼ cheese sauce over each sandwich and top with top half of roll.

