



## **Macro-Friendly Cheesesteak**

**600 Calories**

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### *Ingredient List*

- 2 1/2 pounds flank steak, thinly sliced
- 6 French or hoagie rolls
- 2 green bell peppers, sliced
- 1 onion, sliced
- 5 oz white mushrooms, sliced
- 1 1/2 tsp salt
- 1 tsp black pepper
- Sprinkle of beef bouillon powder
- Light mayo

### Cheese Sauce

- 1/3 cup nutritional yeast
- 1/3 cup flour
- 2 cups fat-free milk
- 1/2 cup light shredded cheddar cheese
- 1/2 tsp onion powder

- 1/2 tsp garlic powder
- 1/4 tsp paprika
- 1 tsp salt
- Water for consistency

### *Cooking Instructions*

1. Preheat a pot to medium heat and add the nutritional yeast, flour, onion powder, garlic powder, and salt. Mix until well combined.
2. Slowly pour in the milk while stirring the ingredients together. Keep pouring in the milk until all has been added.
3. Add the light shredded cheese and stir into the cheese sauce. Add a little water to achieve your desired consistency. Remove from heat.
4. Toast your bread under the oven broiler until golden brown.
5. Season the steak with the salt, pepper, and beef bouillon powder then preheat a pan to medium-high heat.
6. Coat the pan lightly with cooking spray. Add the sliced onion and cook for a few minutes, then add the mushrooms and peppers to cook for 5-6 minutes with the onion. Season with a pinch of salt.
7. Remove the vegetables from the pan. Coat the pan again with cooking spray.
8. Add the steak and cook on one side for 60 seconds before flipping it to finish cooking for about another 60 seconds.
9. Add the vegetables back into the pan with the steak. Spoon the cheese sauce over the steak and vegetables, and mix until the cheese sauce completely coats the steak. Turn off the heat.
10. Spread 1 tbsp of light mayo on the bottom side of the bread. Spoon 1/6th (approx. 200g or more) of the cheesesteak inside the bread and close. Enjoy your cheesesteak!

