

# Philly Cheese Sandwich

## Ingredients

- 2 cups onions
- 3-1/3 cup red bell peppers
- 1/8 tsp pepper
- 1/8 tsp garlic powder
- 11 oz beef shreds
- 1/2 cup italian cheese sauce
- 4 whole grain hoagie buns

## Notes

**Number of Portions:** 4

**Serving Size:** 1 sandwich

**Nutrition Facts:** 335 calories, 13.62 g fat, 5.14 g saturated fat, 584 mg sodium, 30.06 g carbohydrate, 4.59 g fiber, 7.9 g sugar, 24.74 g protein

## Directions

1. Julienne onions and peppers. Sauté onions and peppers with seasonings. Cook until onions are somewhat caramelized and peppers are tender.
2. Add beef and heat to 165° F.
3. Heat cheese sauce to an internal temperature of 165° F.
4. To serve, place 3.5 oz of beef and vegetables onto each hoagie bun. Top with cheese sauce.

