

# PHILLY CHEESESTEAK SLOPPY JOES WITH SIDE OF BROCCOLI

Preparation: 20 minutes | Cooking: 20 minutes | Servings: 4

## INGREDIENTS

*1 pound lean ground beef*  
*4 (6-inch) whole wheat sub rolls*  
*4 slices provolone cheese*  
*1 cup tomato sauce (no salt added)*  
*1 cup sautéed peppers and onions*  
*2 teaspoons organic canola or avocado oil*  
*1 teaspoon dried oregano*  
*1/4 teaspoon salt*  
*3 cups broccoli*



## INSTRUCTIONS

To begin, arrange the oven rack in upper third of the oven. Preheat the broiler, and line a baking sheet with foil. Heat the oil in a large skillet over medium-high heat. Add the beef, the oregano and the salt. Cook for 4 to 6 minutes, crumbling the beef with a wooden spoon, until cooked through. Add the tomato sauce, and cook for 1 to 2 minutes until it bubbles. Meanwhile, put the peppers and the onions in a small skillet over medium heat, stirring often. (Alternatively, microwave for 1 minute to reheat.) Lay the rolls split-side open on the prepared baking sheet. Broil the rolls for 1 to 2 minutes, rotating the pan as necessary, until it starts to brown and toast. Remove the dish from the oven. Top the toasted buns with the beef mixture, divided evenly. Then, top the dish with the peppers and the onions, and then with the cheese. Broil the dish once again for 30 seconds to 1 minute until the cheese is melted. Wrap each sub in foil until it is ready to eat. Serve hot. Cut the broccoli, and serve it as a raw or steamed side.