



## Portobello "Philly Cheese Steak" Sandwich

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### Ingredients:

- 2 teaspoon(s) extra-virgin olive oil
- 1 medium onion, sliced
- 4 large portobello mushrooms, stems and gills removed, sliced
- 1 large red bell pepper, thinly sliced
- 2 tablespoon(s) minced fresh oregano, or 2 teaspoons dried
- ½ teaspoon(s) freshly ground pepper
- 1 tablespoon(s) all-purpose flour
- ¼ cup(s) vegetable broth
- 1 tablespoon(s) reduced-sodium soy sauce
- 3 ounce(s) thinly sliced reduced-fat provolone cheese
- 4 whole-wheat buns, split and toasted

### Directions:

- Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes. Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes.
- Reduce heat to low; sprinkle the vegetables with flour and stir to coat. Stir in broth and soy sauce; bring to a simmer. Remove from the heat, lay cheese slices on top of the vegetables, cover and let stand until melted, 1 to 2 minutes.
- Divide the mixture into 4 portions with a spatula, leaving the melted cheese layer on top. Scoop a portion onto each toasted bun and serve immediately.
- Tip: The dark gills found on the underside of a portobello are edible, but if you like you can scrape them off with a spoon.

**Yield:** 4 servings

**Nutritional Information:** Calories 268; Total Fat 10g; Saturated Fat 4g; Cholesterol 15mg; Sodium 561mg; Total Carbohydrate 35g; Dietary Fiber --; Sugars --; Protein 13g; Calcium --

Recipe Source: [EatingWell.com](http://EatingWell.com)

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.