

# Philly Cheese Steak Casserole

## Recipe of the Month March - 2014



Bone builder. Cheese adds a good source of calcium to this Philadelphia-inspired casserole.

**Prep Time:** 25 Min

**Start to Finish:** 1 Hr. 15 Min

**Makes:** 6 servings (1 1/3 cups each)

### INGREDIENTS

- 3 cups uncooked dumpling or wide egg noodles (6 oz.)
- 1 lb. beef boneless sirloin steak, about 3/4 inch thick
- 1/4 teaspoon pepper
- 2 medium onions, chopped (1 cup)
- 1 small green bell pepper, chopped (1/2 cup)
- 1 can (14 oz.) 50% less sodium beef broth
- 1/4 cup all-purpose flour
- 1/2 cup fat-free half-and-half
- 1 tablespoon Dijon mustard
- 3/4 cup shredded reduced-fat Cheddar cheese (3 oz.)

### DIRECTIONS

1. Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook and drain noodles as directed on package.
2. Meanwhile, remove fat from beef. Cut beef into 3/4-inch pieces. Heat 12-inch nonstick skillet over medium heat. Cook beef and pepper in skillet 2 to 3 minutes, stirring occasionally, until beef is brown. Stir in onions and bell pepper. Cook 2 minutes, stirring occasionally. Spoon into baking dish.
3. In medium bowl, beat broth and flour with wire whisk until smooth. Add to skillet; heat to boiling. Cook, stirring constantly, until mixture thickens; remove from heat. Stir in half-and-half and mustard. Spoon over beef mixture. Stir in cooked noodles.
4. Cover and bake 40 minutes. Sprinkle with cheese. Bake uncovered about 10 minutes longer or until cheese is melted and casserole is bubbly.

**Recipe Provides:** Dairy 1/2c, Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 1/3 cup	<b>Calories:</b>	320	<b>Calories from Fat:</b>	80
<b>Total Fat:</b>	9 g	<b>Saturated Fat:</b>	4½ g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	70 mg	<b>Sodium:</b>	350 mg	<b>Total Carbohydrate:</b>	29 g
<b>Dietary Fiber:</b>	3 g	<b>Sugars:</b>	4 g	<b>Protein:</b>	30 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)