

Philly Cheesesteak Skillet



This one-pan meal, created by a dietitian, combines juicy ribeye steak with sautéed peppers, mushrooms, and melty provolone. It's a lighter twist on the classic Philly cheesesteak—no bun needed, but all the flavor remains. It's the kind of comforting, quick dinner that fits perfectly into busy weeknights. Our [seasoned roasted potatoes](#) make the perfect side dish to go with this meal.

Preparation 20 min

Cooking 20-35 min

Servings 4

Nutrition Facts (per serving)

Calories 370

Fat 23

Carbohydrates 13

Fibre 3

Protein 32

Sodium 770

Ingredients

- 340 g (12 oz) ribeye steak, thinly sliced against the grain
- 5 ml (1 tsp) salt
- 45 ml (3 tbsp) olive oil
- 1 pack (227 g) cremini or button mushrooms, sliced

- 3 bell peppers, sliced
- 6 garlic cloves (or 30 ml / 2 tbsp), minced
- Pepper, to taste
- Green onion, sliced, to taste
- 4 slices low fat provolone cheese

Preparation

1. On a plate, season the steak with 2.5 ml ($\frac{1}{2}$ tsp) salt. Set aside in the fridge.
2. In a large non-stick skillet, heat 15 ml (1 tbsp) olive oil over medium heat. Add mushrooms and cook for 5–7 minutes, stirring occasionally, until tender and lightly caramelized.
3. Add onion and peppers, the remaining salt, and 15 ml (1 tbsp) oil. Sauté for 4-5 minutes, until softened. Transfer to a plate, and set aside.
4. In the same skillet, heat the remaining oil over high heat, then add the slices of steak in a single layer and cook for 2–3 minutes per side or until browned and the internal temperature reaches 160°F (71°C). Work in batches if needed to avoid overcrowding the pan.
5. Reduce heat to medium. Add garlic and cook for 1–2 minutes. Return the vegetables to the skillet, stir to combine, and season with pepper.
6. Lay cheese slices over the top, cover, and let melt for 1–2 minutes.
7. Garnish with sliced green onions to taste and serve warm on its own or with your favorite sides.

Notes

Keeps for up to 5 days in the refrigerator in an airtight container. Do not freeze.

It is possible to serve this on a whole grain bun for a more classic take on the Philly Cheesesteak.



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