



# PHILLY STUFFED PEPPER

*Shaved steak & provolone filling, butternut hash*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
400

**NET CARBS PER SERVING**  
16 GRAMS

**MENU**  
KETO // GLUTEN-FREE

Two American classics unite in this fall-worthy dish. Here, stuffed peppers are prepared with a Philly cheesesteak-inspired filling. Shaved sirloin steak is cooked with yellow onions, then tossed in a tangy mustard sauce. It's all piled into bell pepper halves, topped with provolone, and roasted to a melty finish. A roasted butternut squash hash completes the savory meal.

## INGREDIENTS (8 ITEMS)

- 10 oz **Shaved sirloin steak**
- 1 whole **Green bell pepper\***
- 1 ¾ oz **Provolone cheese** D
- 3 tbsp **Mustard sauce**
- 1 ½ oz **Yellow onions**
- 8 ¾ oz **Butternut squash**
- 2 tsp **Smoky paprika-onion spice blend**
- 1 tbsp **Butter** D

## WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- measuring spoons
- peeler
- oven mitt

## ALLERGENS

D DAIRY



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

\*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat can be harmful to your health. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

# PHILLY STUFFED PEPPER

## 1 PREP BELL PEPPER

- Preheat oven to 425 degrees.
- Halve **green bell pepper** lengthwise. Remove stem and seed pod.
- Place **bell pepper halves** on one side of a lightly oiled foil-lined baking sheet, cut-sides down. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Rub to evenly coat.



## 2 PREP SQUASH

- Remove any seeds from **butternut squash** with a spoon. Carefully peel **squash** with a sharp peeler.\* Medium dice into about ½-inch pieces.  
*\*Another Option: Carefully remove peel with a sharp knife. Lay squash flat, then cut away from your body using curved, downward cuts.*



## 3 COOK SQUASH

- Heat **butter** in a medium sauté pan over medium-high heat. Add **squash** to hot pan. Season with **smoky paprika-onion spice blend** and salt. Stir. Cook 3-4 minutes, or until squash begins to brown, stirring occasionally.

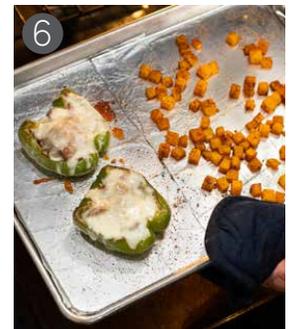
## 4 ROAST BELL PEPPER & SQUASH

- Spread **squash** out in a single layer on open side of baking sheet with bell pepper. Roast 10-12 minutes, or until bell pepper is just tender and squash is mostly tender.  
*See Step 6 to finish.*



## 5 MAKE STEAK FILLING

- Heat about 1 ½ tablespoons cooking oil in pan used for squash over medium-high heat. Add **yellow onions** to hot pan; stir. Cook 3-4 minutes, or until onions soften, stirring occasionally.
- Reduce heat to medium. Add **shaved sirloin steak**. Season with salt and pepper. Stir. Cook 4-5 minutes, or until steak is mostly cooked through.
- Remove from heat. Add **mustard sauce** and about 2 tablespoons water. Stir to combine.



## 6 STUFF BELL PEPPER & FINISH SQUASH

- Flip **bell pepper halves**. (**Careful: Baking sheet is hot!**) Spoon **steak filling** into each half. Sprinkle **provolone cheese** over top.
- Return baking sheet with bell pepper and squash to oven. Roast 3-4 minutes, or until steak is fully cooked, cheese is melted, and squash is tender.\*  
*\*Take Note: Shaved steak is fully cooked when it's no longer pink.*



## 7 PLATE YOUR DISH

- Divide **stuffed bell pepper halves** between plates. Pile **roasted butternut hash** around bell pepper halves.
- Enjoy!