AMERICAN · DINNER

Philly Cheesesteak Casserole

50 min · Serves 6 · 586 kcal a serve · Video 3:11 · Papa G's Low Carb Recipes

Steak, peppers and provolone set in a savoury egg custard: about 44 g protein and 5.5 g net carbs a serve, 65% of the energy from fat, and rich in vitamin B12, zinc and selenium, with vitamin C from the peppers.

Diet notes: Keto (5.5 g net carbs a serve); Gluten-free with a swap: Use a gluten-free Worcestershire sauce to keep it gluten-free.

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Ingredients 13 · SERVES 6

- [ ] **Beef ribeye**: 32 oz chuck eye or ribeye steak, large pieces of fat trimmed, thinly sliced
- [ ] 2 **green bell peppers**, chopped
- [ ] ½ **yellow onion**, chopped
- [ ] 1 tbsp minced **garlic**
- [ ] a little **oil**, to grease the dish
- [ ] 8 slices **provolone cheese**, divided
- [ ] 4 large **eggs**
- [ ] 1¾ tsp **salt**
- [ ] 1 tsp **ground black pepper**
- [ ] ½ tsp **onion powder**
- [ ] ½ cup **almond flour**
- [ ] ½ tbsp **cayenne pepper hot sauce**
- [ ] 1 tbsp **Worcestershire sauce**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350 °F. Trim any large pieces of fat off the steak, slice it into thin strips and chop into small pieces. 0:36
2. Cook the steak in a large frying pan over medium-high heat until about two-thirds done. Add the onion, peppers and garlic and cook a few more minutes until the beef is cooked and the vegetables soften. Drain off any liquid. 0:47
3. Lightly oil a 2 quart baking dish and tip in the beef mixture. Tear 4 provolone slices into small pieces and tuck them through the meat. 1:20
4. Whisk the eggs with the salt, pepper, onion powder, hot sauce, Worcestershire sauce and almond flour, pour evenly over the casserole and tap the dish to settle it. 1:39
5. Bake uncovered for 25 minutes, lay the remaining 4 provolone slices (torn in half) on top and bake 5 minutes more until melted. Rest briefly before serving. 2:23

> **Tip** Any well-marbled steak works; 20 minutes in the freezer makes it easier to slice thinly. It's on the salty side — cut the salt to 1 tsp if you like. Leftovers reheat well for lunches.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
586 kcal	43 g	7.8 g	2.3 g	42 g	1,180 mg
2,450 kJ	87% of a day	5.5 g net · 3 g sugars	8% of a day	18 g saturated	51% of a day
		3% of a day		54% of a day	

Energy from net carbs 4% · protein 30% · fat 66% — fits keto: 5.5 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Vitamin B12 151% · Selenium 83% · Zinc 79% · Vitamin C 48% · Vitamin B6 47% · Calcium 27% · Iron 21% · Vitamin E 21%

Source of (10–19%) Magnesium 16% · Vitamin A 16% · Potassium 14% · Omega-3 12%

⚠ One serve has about 51% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Papa G's Low Carb Recipes (@PapaGCooking) on YouTube — youtube.com/watch?v=Irqao4quUIo, published 8 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/philly-cheesesteak-casserole