

Roast Beef Melt



Makes:

2 servings

Utensil:

Saladmaster Food Processor
11" Square Griddle

Rate ★★☆☆☆

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

Transform deli roast beef or leftover sliced steak into a quick sandwich meal. Pile on sautéed onions, peppers, mushrooms and cheese, and serve it on a soft toasted roll or homemade pita bread.

1 onion, sliced, use Cone #4
1 sweet pepper, green or red, sliced, use Cone #4
1 cup
mushrooms, baby bella or button, cleaned and sliced, use Cone #4
(70
g)
1/3 pound
rare deli roast beef, sliced thin
(151
g)
1/2 teaspoon
garlic powder
(1
g)
dash Worcestershire sauce
4 slices
(3 ounces) Provolone or Muenster cheese
(85
g)
2 soft whole grain rolls

Directions:

1. Preheat griddle over medium heat. When several drops of water sprinkled on griddle skitter and dissipate, approximately 5 - 7 minutes, add onions and sauté for 2 - 3 minutes until softened. Add peppers and mushrooms and continue to cook for an additional 2 - 3 minutes until mushrooms give off liquid and soften.
2. Push sautéed vegetables to one side of griddle.

3. Sauté roast beef on griddle, tossing to heat thoroughly. Season with garlic powder and Worcestershire sauce.
4. Divide roast beef mixture into 2 portions, top each portion with 2 slices of cheese and cook for 2 - 3 minutes until cheese melts.
5. Cut rolls in half and place cut side down on griddle. Toast for 2 minutes until lightly browned.
6. Place toasted rolls on plate. To assemble, top roll bottoms with sautéed vegetables and then with roast beef and melted cheese. Cover with roll tops.
7. Serve immediately.

Tips:

- Add a little spice to the sautéed vegetables with 1 - 2 diced jalapeños or other hot peppers.
- Substitute roast beef for sliced ham or turkey.

Nutritional Information per

▼ Serving

Calories: 496
Total Fat: 28g
Saturated Fat: 13g
Cholesterol: 79mg
Sodium: 625mg
Total 31g
Carbs:
Dietary Fiber: 4g
Sugar: 8g
Protein: 32g