

Philly Cheesesteak Slabwich

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time:

Serves: 4

CChints: A slabwich is an open-faced sandwich. You can use leftover pot roast from a dinner the day before or purchase deli sliced roast beef. We used lemon pepper in the sauce so there would not be black specks in the sauce.



Cheese sauce:

1-1/4 cup skim milk, divided
2 tablespoons flour
1 tablespoon wheat flour
1 bay leaf
1/2 teaspoon lemon pepper
2 cups, shredded sharp cheddar cheese

1/2 teaspoon brown sugar
1 tablespoon balsamic vinegar
1 teaspoon chopped fresh oregano
1 teaspoon chopped fresh thyme
4 slices multi grain bread, toasted
3/4 pound sliced beef, left over
roast beef or from the deli
3 tablespoons chopped fresh chives

Slabwich:

1 teaspoon olive oil
1-1/2 cups red bell pepper, cut into 1/4-1/3 inch wide strips
1-1/2 cups yellow bell pepper, cut into 1/4-1/3 inch wide strips
1-1/2 cups sweet yellow onion, cut into 1/4-1/3 inch wide strips

To make the cheese sauce, combine 1/4 cup milk and the flour in a bowl and whisk until blended. Combine the rest of the milk, bay leaf and pepper in a sauce pan over medium low heat. Stir slowly and constantly for 5 minutes. Remove from the pan from the heat and use a strainer to remove the bay leaf and any solids. Pour this mixture into a bowl and set aside. Pour the milk and flour mixture into the same pan over low heat. Stir constantly for 1 minute and then gradually pour in the milk mixture from the bowl. Allow the mixture to thicken by stirring constantly, but slowly, for about 5 minutes. Remove from the heat and stir in the cheese and blend well.

Locate a large nonstick skillet and the oil to the pan. Smear the oil around and turn the heat to medium. Add the peppers and onions and cook for 8-10 minutes until they are tender. During this time, toast the bread and lay them on baking sheet covered with foil for easy clean up.

Remove the pan from the heat and stir in the sugar through thyme. Turn on the broiler and get ready to assemble your slabwich. Divide the meat evenly among the pieces of bread. Top each with 1/4 cup cheese sauce and a spoonful of the vegetables. Top with any remaining cheese and put under the broiler for 2-3 minutes until the slabwiches are heated through but not burned.

Remove from the oven and transfer to serving plates. Sprinkle with chives and enjoy!