



## Beer Cheese Philly Steak Casserole

READY IN



90 min.

SERVINGS



8

CALORIES



827 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup processed cheese food shredded
- 5 tablespoons butter
- 1 teaspoon parsley dried
- 0.3 cup flour
- 1 teaspoon garlic powder
- 2 bell peppers green sliced
- 1.5 teaspoons ground pepper black
- 0.8 loaf bread italian cut into 1 inch cubes
- 1.5 cups milk

- 1 cup monterrey jack cheese shredded
- 1 tablespoon olive oil
- 1 large onion sliced thin
- 1 teaspoon onion powder
- 0.5 teaspoon paprika
- 2 teaspoons pepper sauce hot
- 8 ounces provolone cheese sliced
- 2 pounds rib-eye steak sliced thin
- 0.5 teaspoon salt
- 0.5 teaspoon soya sauce
- 0.5 teaspoon worcestershire sauce

## Equipment

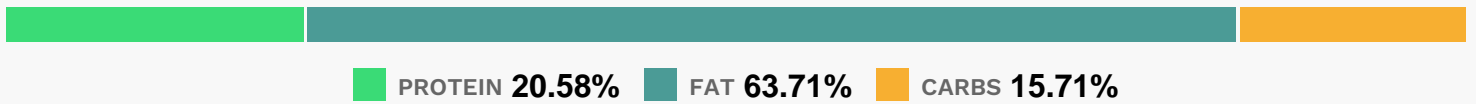
- frying pan
- sauce pan
- oven
- whisk

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat 1 tablespoon olive oil in a skillet over medium-low heat; add the bell pepper and onion to the skillet; season with 1/2 teaspoon salt, 1/2 teaspoon garlic powder, and 1/4 teaspoon pepper and cook until soft, about 20 minutes; set aside.
- Pour 1 tablespoon olive oil into the skillet and raise the heat to medium; add the sliced steak to the hot oil until; season with 1/2 teaspoon salt, 1/2 teaspoon garlic powder, and 1/4 teaspoon pepper and cook until no longer pink, about 5 minutes.
- Remove from heat immediately.
- Arrange the bread cubes in the bottom of a 9x13 dish.
- Layer the steak on the bread and then layer the pepper and onion mixture atop the steak; set aside.

- Melt the butter in a saucepan.
- Whisk in the flour to make a paste.
- Pour in the beer, whisking continually until there are no lumps. Stir in the 1 1/2 teaspoons black pepper, 1 teaspoon garlic powder, parsley, onion powder, 1/2 teaspoon salt, paprika, Worcestershire sauce, soy sauce; stir. As the mixture thickens, pour in the milk.
- Add the Monterey Jack cheese and American cheese; stir until the cheese is melted.
- Pour the mixture over the assembled ingredients in the 9x13 pan. Top with provolone cheese slices.
- Bake in preheated oven until the provolone cheese melts, about 20 minutes.

## Nutrition Facts



### Properties

Glycemic Index:43.5, Glycemic Load:3.87, Inflammation Score:-7, Nutrition Score:24.670869930931%

### Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

### Nutrients (% of daily need)

Calories: 827.34kcal (41.37%), Fat: 58.87g (90.56%), Saturated Fat: 31.62g (197.65%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 30.03g (10.92%), Sugar: 17.57g (19.52%), Cholesterol: 143.11mg (47.7%), Sodium: 1073.42mg (46.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.78g (85.56%), Calcium: 580.76mg (58.08%), Selenium: 39.9µg (56.99%), Phosphorus: 562.64mg (56.26%), Zinc: 8.01mg (53.38%), Vitamin B12: 2.94µg (48.97%), Vitamin B3: 8.02mg (40.11%), Vitamin B2: 0.6mg (35.31%), Vitamin C: 26.18mg (31.74%), Vitamin B6: 0.63mg (31.35%), Iron: 3.67mg (20.37%), Vitamin A: 1009.49IU (20.19%), Potassium: 644.46mg (18.41%), Vitamin B1: 0.26mg (17.08%), Magnesium: 60.45mg (15.11%), Folate: 51.52µg (12.88%), Fiber: 2.64g (10.54%), Manganese: 0.16mg (8.06%), Vitamin K: 8.15µg (7.76%), Copper: 0.15mg (7.63%), Vitamin D: 0.95µg (6.32%), Vitamin E: 0.88mg (5.88%), Vitamin B5: 0.5mg (5.01%)