

Bite Spoon

High Protein Low Carb Philly Cheesesteak Casserole

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb thinly sliced beef steak
- [ ] 1 large onion, thinly sliced
- [ ] 1 green bell pepper, sliced
- [ ] 1 red bell pepper, sliced
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp smoked paprika
- [ ] 4 oz cream cheese, softened
- [ ] 1 cup shredded provolone cheese
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/4 cup almond flour

Optional Add-Ons

- [ ] 1 tsp dried oregano
- [ ] Freshly cracked black pepper, to taste

Instructions

1. Heat olive oil in a large skillet over medium-high heat; add the sliced beef and sear until browned, about 3-4 minutes, then set aside.
2. In the same skillet, add onion, bell peppers, and garlic; sauté until softened but still crisp, about 5 minutes. Sprinkle smoked paprika and oregano, stirring to coat.
3. Return the beef to the pan, stir in cream cheese until melted and the mixture looks creamy. Season with pepper and adjust salt if needed.
4. Transfer the mixture to a greased 9-inch casserole dish, sprinkle the shredded provolone, mozzarella, and almond flour evenly on top.
5. Bake in a preheated oven at 375°F (190°C) for 20-25 minutes, or until the cheese is bubbling and the almond flour turns golden. Let rest 5 minutes before serving.

Nutrition per serving

420 kcal Calories	**9 g** Carbs	**28 g** Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red-pepper flakes with the paprika.
- For extra moisture, drizzle a tablespoon of low-sodium broth into the casserole before baking.
- Use a cast-iron skillet for the best sear on the beef.