



Italian Beef Hoagies

1. Prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 1 each green and red bell pepper, sliced
- ¼ cup water
- 2 tbsp red wine vinegar
- 1 pkt (1 oz) onion soup mix
- 1 tbsp **Italian Seasoning Mix**

Combine in large resealable plastic bag. Freeze for up to three months.

2. Defrost

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into **(10-in.) Skillet** and bring to a simmer over medium heat.

(If cooking immediately, combine ingredients in (10-in. Skillet) and bring to a simmer over medium heat.)

3. Finish and serve!

- Sprinkle 1 cup (4 oz) shredded Provolone cheese over beef mixture.
- Cover with lid and simmer 1-2 minutes or until cheese is melted.
- Spoon into 6 warm hoagie rolls.

Yield: 6 servings

Nutrients per serving: Calories 610, Total Fat 20 g, Saturated Fat 8 g, Cholesterol 60 mg, Carbohydrate 75 g, Protein 32 g, Sodium 1380 mg, Fiber 5 g