

## Keto Philly Cheesesteak Roll Ups - All the Flavor, None of the Bread

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**OVEN**  
**375°F**

**TIME**  
**30 min**

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### INGREDIENTS

- 1 ½ lbs flank steak or ribeye, thinly sliced
- 1 tbsp olive oil
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp smoked paprika (optional but adds depth)
- 1 cup shredded provolone or mozzarella cheese
- Toothpicks or kitchen twine, for securing
- Fresh parsley, chopped (optional garnish)

### DIRECTIONS

1. Step 1: Preheat Oven: Set oven to 375°F (190°C). Line a baking sheet with parchment or lightly grease.
2. Step 2: Sauté the Veggies: Heat olive oil in a skillet over medium heat.
3. Add onions and bell peppers; cook for 4-5 minutes, until soft.
4. Stir in garlic, salt, pepper, and smoked paprika; cook another minute.
5. Remove from heat and let cool slightly.
6. Step 3: Assemble the Roll Ups: Lay each steak slice flat on a clean surface.
7. Spoon a bit of the veggie mixture onto each one.
8. Sprinkle with shredded cheese.
9. Roll up tightly and secure with a toothpick or kitchen twine.
10. Step 4: Bake: Place roll-ups seam-side down on the baking sheet.
11. Bake for 15-18 minutes, or until steak is cooked through and cheese is melty.
12. Let rest 2-3 minutes before serving.
13. Step 5: Serve: Remove toothpicks or twine.
14. Garnish with fresh chopped parsley, if desired.
15. Enjoy as-is or pair with a light green salad or cauliflower mash.

### SWAPS & NOTES

Cheese : Provolone gives that authentic cheesesteak flavor,

but mozzarella or even pepper jack works too.

Steak : Ask your butcher to slice it thin, or partially freeze the steak for easier slicing at home.

Add-ins : Mushrooms or jalapeños can add variety if you like

some heat or earthiness.

### TIPS FOR SUCCESS

Slicing Tip : Freeze your steak for 20-30 minutes before slicing for cleaner, thinner cuts.

Don't overstuff : It's tempting, but too much filling can make rolling difficult.

Make ahead : Assemble in the morning and bake at dinnertime.

Double up : These reheat well and make great lunch leftovers!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/keto-philly-cheesesteak-roll-ups-all-the-flavor-none-of-the-bread/>