



The Micheff Sisters

Super Subs (8/9/17 TDYC16077)

Philly Steak Subs



Ingredients:

4 cups	water
¼ cup	McKay's Beef Style Seasoning
2 cups	soy curls
2 medium	onions, slivered
1 cup	sliced mushrooms
2 cups	red, yellow, and orange peppers, slivered
1 tsp.	red pepper flakes
salt to taste	
Vegan cheddar cheese sauce	

Directions:

Place water in a saucepan. Add McKay's Beef seasoning and soy curls. Bring to a boil and cook for 10 minutes. Drain.

Spray a skillet with non-stick cooking spray. Add onions and sauté over medium high heat until clear. Add mushrooms, peppers, and red pepper flakes and continue sautéing until tender. In a separate skillet, sauté soy curls until browned on both sides, then toss together with vegetables.

Place approximately 2/3 cup filling on a sub or hoagie bun. Drizzle with vegan cheese sauce.

Yields: 6 subs
Brenda Walsh