

A great way to use leftover steak or roast! This recipe combines beef, egg and spinach on a thin sandwich roll.

12 ounces cooked beef (such as steak, roast, pot roast or deli roast beef), thinly sliced

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42g
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

4 eggs or 1 cup egg substitute

4 eggs or 1 cup egg substitute

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1/2 cup chopped fresh baby spinach

[illegible]

[illegible]

1/2 cup diced tomatoes

[illegible]

[illegible]

[illegible]

Salt and pepper (optional)

[illegible]

Salt and pepper (optional)

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[illegible]

[illegible]

[illegible]

COOKING

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287. Place one egg portion on bread bottoms. Close sandwiches; serve immediately.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		14g	76mg		22g	42g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com