- Prep Time: 15 minutes
- Cook Time: 15 minutes
- Total Time: 30 minutes
- Difficulty Level: Easy–Medium
- Heat Intensity: Low (Mild & Savory)
- Cooking Intensity: Medium–High (Pan-Searing)
- Yield: 8 Roll Ups
- Serving Size: 2 Roll Ups

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Equipment Needed

- Heavy-bottom skillet or cast-iron skillet
- Sharp chef’s knife and cutting board
- Toothpicks (to secure the roll-ups)
- Tongs
- Measuring spoons and cups

Ingredients

For the Filling & Roll Ups:

- 1.25 lbs (20 oz) Ribeye or Flank Steak, sliced paper-thin (or deli-sliced roast beef for a quick shortcut)
- 8 slices Provolone Cheese (about 6 oz total)
- 1 medium Green Bell Pepper, thinly sliced into strips
- 1 medium Yellow Onion, thinly sliced into strips

- 4 oz Cream Cheese, softened at room temperature
- 4 oz Brown Beech or Cremini Mushrooms, finely sliced (optional)
- 2 tbsp Unsalted Butter
- 1 tbsp Olive Oil or Avocado Oil

Seasoning Mix:

- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- ½ tsp Salt (adjust to taste)
- ½ tsp Crushed Black Pepper
- 1 tbsp Worcestershire Sauce (optional, adds deep umami)

Step-by-Step Instructions

1. Prepare the Veggie & Cheese Filling

- Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large cast-iron skillet over medium-high heat.

- Add the sliced green bell peppers, yellow onions, and mushrooms. Season with half of the garlic powder, onion powder, salt, and black pepper.

- Saute for 6–8 minutes, stirring frequently, until the vegetables are tender and slightly caramelized at the edges.

- Reduce the heat to low. Stir in the softened cream cheese and Worcestershire sauce until the mixture is smooth and evenly coats the vegetables. Remove the pan from heat and let cool slightly.

2. Assemble the Roll Ups

- Lay the paper-thin steak slices flat on a clean cutting board or sheet of parchment paper. If using raw ribeye, overlap 2–3 thin slices to form a sturdy rectangular strip (approximately 4×6 inches).

- Season both sides of the steak strips lightly with the remaining garlic powder, onion powder, salt, and pepper.

- Place one slice of provolone cheese on top of each steak strip.

- Spoon 2–3 tablespoons of the warm pepper and cream cheese filling onto one end of each strip.

- Tightly roll the steak around the cheese and vegetable filling. Secure each roll with 1–2 wooden toothpicks through the center to hold it together during cooking.

3. Sear to Perfection

    - Melt the remaining tablespoon of butter in the skillet over medium-high heat.
    - Carefully place the steak roll-ups in the hot skillet, seam-side down.
    - Sear for 2–3 minutes on the first side until a deep golden brown crust forms.
    - Use tongs to gently turn the roll-ups every 1–2 minutes, searing all sides until the meat is fully cooked and the provolone cheese inside begins to ooze and melt completely (total cooking time about 6–8 minutes).

4. Rest and Serve

    - Remove the skillet from heat and allow the roll-ups to rest for 2–3 minutes so the juices redistribute.
    - Carefully remove the toothpicks before serving.
    - Spoon any extra pan juices and melted cheese over the top of the roll-ups.

Tips for Success

- Slicing the Beef Thinly: For best results, place your ribeye steak in the freezer for 20–30 minutes prior to prepping. Slicing partially frozen meat makes it significantly easier to cut paper-thin, uniform ribbons.

- Toothpick Safety: Remember to count how many toothpicks you use during assembly so you can ensure every single one is removed prior to eating or serving to guests.

- Baking Option: If you prefer using the oven, place assembled roll-ups in a greased 9×13-inch baking dish and bake at 400°F (200°C) for 12–15 minutes until cooked through and the cheese is melted.

Nutrition Facts

Servings: 4 (2 Roll Ups per serving)

Nutrients	Amount Per Serving
Calories	520 kcal
Total Fat	38 g
Saturated Fat	18 g
Trans Fat	0.5 g
Cholesterol	145 mg
Sodium	680 mg
Total Carbohydrate	6 g
Dietary Fiber	1.5 g
Net Carbohydrates	4.5 g
Total Sugars	2.5 g
Protein	38 g
Vitamin D	0.4 mcg

Nutrients	Amount Per Serving
Calcium	320 mg
Iron	3.2 mg
Potassium	490 mg