

Cheryl's TERIYAKI BEEF, PEPPERS, ONIONS & MUENSTER CHEESE



*Savory, slightly sweet, and oh-so cheesy!
Perfect over rice, in a sandwich,
or all on its own! *

INGREDIENTS

- 1–1½ lbs beef for stew (or thin-sliced beef strips)
- 1 green bell pepper, sliced
- 1 medium onion, sliced
- 1 cup shredded or sliced muenster cheese
- ½ cup teriyaki sauce (add more to taste)
- 1–2 tbsp Worcestershire sauce
- 1 tbsp oil (olive or vegetable)
- Optional: chopped green chilies (for heat)
- Optional: garlic powder or black pepper

SERVING IDEAS

- ♥ Over white or jasmine rice
- ♥ In hoagie rolls for a teriyaki cheesesteak style sandwich
- ♥ With mashed potatoes or roasted potatoes
- ♥ Low-carb: serve in a bowl with extra peppers and onions



SKILLET METHOD (FAST & EASY)



1. **Brown the beef:** Heat oil in a large skillet. Add beef and cook until browned.
2. **Add flavor:** Stir in teriyaki sauce and Worcestershire sauce. Let it simmer 3–5 minutes so the beef soaks it in.
3. **Cook veggies:** Add sliced onions and green peppers (and green chilies if using). Cook until tender-crisp or soft, depending on your preference.
4. **Melt the cheese:** Lower heat and lay muenster cheese over the top. Cover the skillet for 2–3 minutes until melted and gooey.

OVEN METHOD (CHEESY & CASSEROLE STYLE)



1. Preheat oven to 375°F
2. Brown beef in a skillet first
3. Mix beef, peppers, onions, teriyaki & Worcestershire in a baking dish
4. Cover with foil and bake 20 minutes
5. Remove foil, top with muenster cheese
6. Bake uncovered 5–8 minutes until melted and bubbly

HERBAL BENEFITS



Garlic & Onions
Support heart health, immune function, and natural detoxification.



Bell Peppers
Rich in vitamin C and antioxidants that support overall wellness.



Ginger (in Teriyaki)
Aids digestion and helps reduce inflammation.



Black Pepper
Helps with nutrient absorption and adds a gentle metabolic boost.

Cheryl's Tip

Add a splash of sesame oil or a pinch of red pepper flakes for extra depth and a little kick!



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