

RUNZAS

- 1 pound lean ground beef
- 1 onion, chopped
- 4 cups chopped cabbage
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 recipe *Bread in a Bag* (see recipe attached)
- Vegetable oil

1. Brown beef and onion in skillet.
2. Add cabbage and cover. Cook 5 minutes until cabbage is tender crisp. Drain off liquid.
3. Add salt and pepper. Mix well. Cool in refrigerator.
4. Make batch of *Bread in a Bag*. Roll half of the dough into a 12x14-inch rectangle. Cut the rectangle into 16 squares.
5. Place 3 to 4 tablespoons of meat-cabbage mixture in the middle of 8 of the squares. Moisten edges of squares with water. Top with 8 remaining squares. Press dough firmly around edges.
6. Place on greased baking sheet. Repeat with other half of dough. Let rise about 30 minutes or until light. Bake at 350° for 20 minutes.
7. Remove from baking sheet and cool. Place on a baking sheet, cover with foil and quick-freeze for about 1 hour. Remove from freezer and place in freezer bags. Package either individually in sandwich-sized bags or 4 to 6 in gallon-sized bags. Label with date and heating instructions. Freeze.

To prepare for serving:



For a fun alternative, stuff with pizza sauce and your favorite pizza toppings or ham, broccoli and cheese.

Nutrition Facts

Serving Size 1 runza (103g)	
Servings per Recipe 16	
Amount per Serving	
Calories 210	Calories from Fat 70

%Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	12%
Cholesterol 20mg	7%
Sodium 370mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 11g	

Vitamin A 0%	• Vitamin C 20%
Calcium 4%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet	

In refrigerator, thaw *Runzas*. Place on baking sheet and bake at 350° Fahrenheit for 10-15 minutes. Individual *Runzas* can also be heated in the microwave oven. Makes 16.

Enjoy with:

- Ice-cold milk
- Cool celery, carrot and jicama sticks
- Fresh strawberries (or other fruit in season)

Bread in a Bag

2 cups all-purpose flour
1 package rapid rise yeast
3 tablespoons sugar
3 tablespoons non-fat powdered milk
1 teaspoon salt
1 cup hot water (125-130° Fahrenheit)
3 tablespoons vegetable oil
1 cup whole wheat flour



1. Combine 1 cup all-purpose flour, undissolved yeast, sugar, powdered milk, and salt in a 1-gallon heavy-duty freezer bag. Squeeze upper part of bag to force out air. Seal the bag. Shake and work bag with your fingers to blend ingredients.
2. Add hot water and oil to dry ingredients. Reseal bag. Mix by working the bag with your fingers. Add whole-wheat flour; reseal the bag and mix the ingredients thoroughly.
3. Gradually add enough all-purpose flour to make a stiff dough that pulls away from the bag.
4. On a floured surface, knead the dough 2 to 4 minutes, or until it is smooth and elastic. Cover dough and let it rest for 10 minutes. See *Runza* directions above.

VARIATIONS:

Loaf - Roll the dough to a 12x7-inch rectangle. Roll up from narrow end. Pinch to seal. Place in a greased loaf pan and let rise 20 minutes or until double in size. Bake at 375° Fahrenheit for 30 to 35 minutes or until brown.

Breadsticks - Add ½ cup rolled wheat or other rolled grain to bag after mixing in wheat flour. Gradually add enough all-purpose flour to make a stiff dough. Roll dough in a rectangle ½-inch thick. Cut dough into strips ¾-inch wide. Twist strips. Place on baking sheet. Bake at 375° Fahrenheit for 15 minutes or until brown.

Rolls - After kneading, allow dough to rest for 10 minutes. Roll out dough to ½-inch thickness. Use a round cookie cutter or biscuit cutter to make rolls. Place on greased cookie sheet and bake at 375° Fahrenheit for 12 to 15 minutes.