

Runza Sandwiches



The following recipe is from a loyal fan of Matt and Shari. You will see her comments on many of the articles within the site and she always has something positive to say, great ideas to add and she is just a good all around supporter, like many of you. For all of this we say “thank you” to Marie for this recipe and to all of you who have been there for us.

So, because the name is so interesting and basically foreign to me, here’s just a little history about the name Runza. Checking online at Wikipedia, it tells that Runza has its roots in both Germany and Russia, all the way back to the 18th century. It seems these tasty sandwiches can be formed into half moons, full moons (or circles like we will), triangles, whatever your heart desires. Hey, how about heart shapes!! In any event, this recipe goes back a long time and in my mind that means it must be good! Here’s how to make some Runzas of your own.

Ingredients List:

- 2 lbs bread dough (make with bread machine or buy at market)
- 1 lb ground beef
- 1 onion, chopped
- 1 bag of coleslaw mix (shredded cabbage)
- Salt, pepper, butter
- Olive oil
- Egg (optional)
- Cheese (optional)



Instructions:



1 Preheat oven to 350 degrees. Brown ground beef in frying pan, with salt and pepper. Remove from pan, and set aside.



2 Fry the onion in butter until it starts to turn translucent.



3 Add coleslaw (shredded cabbage) to onion, and cook until tender. Remove from heat and add in the cooked beef.



4 Divide the mixture evenly into 5-6 small bowls. Do the same with the dough, dividing it into the same number of pieces.

5 Roll out one of the dough pieces into a small circle, larger than the bowls holding the ground beef and cabbage mixture.



6 Flip over one of the bowls, putting the cabbage mixture in the center of the dough. Lift the bowl and use your fingers to help place the filling neatly in the center of the dough.



7 Cover the filling with the dough, folding it over in neat folds and working around the mixture.

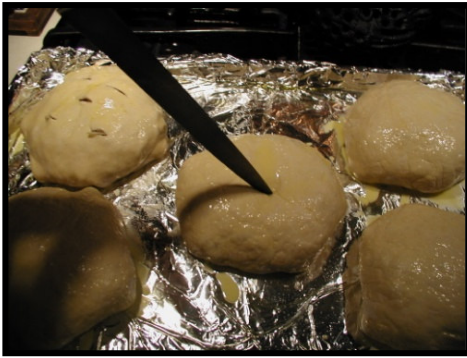


8 Repeat with the rest of the dough and filling to make a batch of pretty round Runzas!





9 Grease a baking sheet and place the filled dough balls onto it with the seam side down. Brush each with an egg wash which is simply a beaten egg and water mixture.



10 Cut about 5 small slits into the top of each of the balls. Bake for about 30 minutes, until brown.



If you want to add cheese to your Runza, simply add it by cutting a longer slit or a big “x” in the top of the cooked pastry.

Runza sounds like it is a full meal in itself- even better, no sides to prepare! Thanks again to Marie for an easy, new recipe to try. Bon appétit!

Shari

*This recipe is used with the permission of Marie M.

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