

# RUNZA

What is a Runza you ask? Its origins are from Germany, and it is a staple in Nebraska, similar to how Pasty's are a staple to Northern Minnesotans. It closely resembles a Hot Pocket with a hamburger and cabbage filling. I helped re-create these for my friend, Brian Schroeder, who is a Nebraskan living in Mississippi, who wanted a taste of home. This recipe makes 12 Runza's, which is a lot, but they freeze well and can be reheated in the microwave.

## **INGREDIENTS:**

### DOUGH:

4 ½ Cups Flour, divided  
½ Cup Sugar  
1 Package Yeast (½ Tablespoon)  
1 teaspoon Salt  
¾ Cup Milk  
½ Cup Water  
½ Cup Shortening  
2 Eggs

### FILLING:

1 pound Ground Beef  
4 Cups Cabbage  
½ Cup Onion, chopped  
1 can Beef Broth  
2 teaspoons Salt, divided  
1 teaspoon Black Pepper  
¼ teaspoon Garlic Powder

## **DIRECTIONS:**

Place 2 Cups flour, the sugar and yeast in a large bowl. Heat the milk, water, and shortening to around 110 degrees or so (warm, but not too hot to give a baby a bath). Pour over flour mixture, add eggs, and beat with an electric mixer on low until blended, then on high for 2-3 minutes. Cover and allow to sit for 20-30 minutes. You should notice that it is foamy and spongy by now. If not, your yeast is probably bad. Add the salt and the remaining flour, and knead until smooth and elastic. Place in a greased bowl, covered, until double in size, about 1-2 hours.

Slice up cabbage until you have 4 cups worth, then place in a Dutch oven along with the beef broth and 1 teaspoon of salt. Bring to a boil, then cover and reduce heat to med-low and cook for 30 minutes, stirring occasionally. As your cabbage is simmering, cook ground beef in a large skillet until browned, chopping it as finely as possible. Drain away fat, then return to

skillet and add onion, salt, pepper, and garlic. Simmer until onions are translucent. When the cabbage is done, pour the cabbage mixture into the skillet with the hamburger mixture, and cook over medium heat until most of the moisture is gone. You don't want it too dry, so leave some liquid. Allow to cool until it is safe to handle.

Preheat oven to 350 degrees.

Punch down the dough and divide into 12 pieces. Roll out a piece of dough into a circle about 9-10 inches in diameter. Place 1 twelfth of the filling on to the dough (about 1/3 Cup), and shape it approximately like a hot dog. Wrap the dough around the filling like you would wrap a burrito, and place on a greased cookie sheet. Before placing in oven, beat 2 eggs in a bowl and lightly brush the Runza's with egg wash. Bake for 20 minutes or until golden brown.

Serve hot. This can be served plain, with ketchup and/or mustard, or even with gravy!

For variations, try adding cheese, mushrooms, or peppers.