

## Runzas

Yield: 18 Runzas

1½ lb. Ground Beef  
1 Head Cabbage, (medium), diced  
2 Onions, (medium), thinly sliced  
2 pk. Yeast  
¼ c. Water  
2 c. Warm Water  
6 T. Oil  
5 T. Sugar  
1 T. Salt  
5½ c. Flour (more if needed)

### **Filling:**

Over medium heat, brown beef in a pot. Remove beef from pot and set aside. Add onions to pot and saute until transparent, about 5 minutes.

Add cabbage and cooked beef to onions and cook until tender. Season to taste with salt and pepper.

### **Dough:**

Dissolve 2 packages of yeast in warm ¼ cup water. In a large bowl, add 2 cups warm water, oil, sugar and salt. Add flour until the dough's consistency is no longer sticky, (but not too stiff). Let rise until double, (about one hour); punch down and let re-rise, (about another hour).

### **Assembly:**

These may be made in about any size or shape, (appetizer v. sandwich; round v. rectangular). I prefer a round size, slightly larger than a hamburger bun. If you are not careful, the product may be too big).

Take a piece of dough and roll into a rectangular or round shape, about ¼" thick. Add filling, and pinch the edges firmly to seal making sure the filling is totally enclosed. Flatten slightly, and place on greased cookie sheet or pan, seam-side down. Let rise again for about 20 or 30 minutes.

Bake at 375 for 30 minutes or until browned.