

BIEROCKS (RUNZAS)

Ingredients

1 lb ground beef
4 cups cabbage, shredded
1 small onion, diced
1 Tbsp olive oil
½ tsp black pepper
Salt, to taste (~1 to 2 tsp)
1 package frozen Rhodes yeast rolls (about 18)
Flour, for dusting surface

Directions

1. **Prepare the filling:** Heat the oil in a large skillet over medium heat. Sauté the onions in the oil until just soft.
2. Add in the ground beef and cook until just cooked through. Drain the meat, if desired, then season with salt and pepper; turn off the heat and stir in the cabbage (see notes).
3. Let the mixture cool to room temperature before filling the bierocks, or refrigerate for up to 3 days.
4. **Prepare the dough:** Remove 18 dough balls and set on a baking tray and cover with saran wrap. Let the dough thaw for 1.5 hours.
5. On a well-floured surface, sprinkle a little flour on the dough and roll gently to about 1/16th of an inch thick. The dough will be slightly smaller than a regular corn tortilla.
6. Place a heaping ¼ cup of the beef mixture into the center of the dough.

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Directions, cont.

7. Fold up two opposite edges of the dough and pinch together. Bring up one side of the dough and pinch together. Bring up the final side of the dough and pinch together to form a tight seal.
8. Flip the bierock over and place on a parchment paper-lined baking sheet.
9. Let the bierocks rest for 1.5 hours, to rise slightly.
10. Preheat the oven to 350 degrees.
11. Bake the bierocks for about 25 to 30 minutes, until the top is lightly browned. Turn the pan 180 degrees halfway through.

***Notes:**

For stronger flavor you can substitute sauerkraut for the cabbage, but if you do this, decrease the amount by half.