

Nebraska Stuffed Beef Sandwiches

*Dolly Croghan, Mead NE
Taste of Home Recipe Book 2015*

Servings: 12

Yield: 1 1/2 cups

*4 1/2 cups all-purpose flour,
divided*

1/4 cup sugar

2 packages (1/4 ounce ea)

active dry yeast

1 teaspoon salt

3/4 cup milk

1/2 cup water

1/2 cup shortening

2 eggs

FILLING

2 pounds lean (90%)

ground beef

2 medium onions, chopped

4 cups cabbage, chopped

2 teaspoons seasoned salt

1 teaspoon garlic powder

1 teaspoon pepper

Preparation Time: 35 minutes

Bake Time: 20 minutes

In a large bowl, place 1-3/4 cups of flour, sugar, yeast and salt.

In a saucepan, heat the milk, water and shortening to 120 to 130 degrees. Pour over the flour mixture. Add the eggs. Beat with an electric mixer on low speed until blended. Beat 3 additional minutes on high. Stir in the remaining flour. Knead until smooth and elastic, about 6 to 8 minutes.

Place the dough in a greased bowl. Cover. Let rise in a warm place until doubled, about one hour.

Meanwhile, in a large skillet, cook the beef and onions over medium heat until the meat is no longer pink. Drain. Add the cabbage, seasoned salt, garlic powder and pepper. Cook until the cabbage is wilted.

Preheat the oven to 350 degrees.

Punch the dough down. Divide into twelve portions and cover with plastic wrap. Working with one piece at a time, roll into a six-inch square. Place three-quarter cup of the meat mixture in the center of each square. Fold the dough over the filling, forming a rectangle. Pinch the edges tightly to seal. Place on a greased baking sheet.

Bake for 18 to 20 minutes or until golden brown.

Serve hot.

Per Serving (excluding unknown items): 304 Calories; 11g Fat (31.2% calories from fat); 8g Protein; 45g Carbohydrate; 3g Dietary Fiber; 37mg Cholesterol; 433mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

