

Ingredients

- Bread dough, 2 loaves of your favorite frozen bread or 2 batches of the Best Buns Ever dough
- 2 pounds ground beef
- 6 cloves garlic, pressed
- 2 medium onions, chopped
- 2 teaspoon rosemary
- 1 teaspoon thyme
- 2 tablespoons olive oil
- 1 large head cabbage, chopped
- Salt and pepper
- Shredded Colby jack cheese, or whatever flavor you prefer
- 1 egg



Monthly Wellness Recipes

Runza®

This month's recipe comes from **Chelsea Dappen**, a wonderful Learning Specialist in the Office of Student Learning and Educational Resources in the School of Medicine. Chelsea is originally from Nebraska and shares her old time favorite:

"Besides cows and corn and the vast blanket of sky, Nebraska is home to a fast-food chain called Runza®. They serve your standard fast-food fare, but what they are really famous for are cabbage burgers. Imagine a pocket of dough filled with ground beef, cabbage, onions, and spices, and you've discovered a cabbage burger. I hated these as a kid. I thought it was weird and gross, and could only result in what doctors call "GI disturbance." It's funny how growing into adulthood, with a pinch of nostalgia, can change taste buds."

Cooking Instructions

1. Pre-heat the oven to 375 degrees.
2. If your bread dough needs to rise, let it do so in a warm area while your oven pre-heats and you prep the filling.
3. Heat a large skillet over medium-high heat. Once hot, add the ground beef, garlic, onions, rosemary, and thyme. Brown the ground beef mixture for about 10 minutes, or until the ground beef is no longer pink, breaking it up as you brown. Remove the browned ground beef from the skillet with a slotted spoon, place it in a bowl and set aside.
4. Drain the grease and ground beef drippings and to the same hot skillet, add the olive oil and the cabbage. Cook, stirring frequently until the cabbage becomes soft and slightly translucent. Once cooked, add the cabbage to the ground beef mixture, season with salt and pepper to taste, and mix well.
5. If it isn't already, separate the bread dough into two equal parts. Flatten each section of dough. Using a rolling pin, roll the dough out to an approximate 16x13 inch rectangle, or as big as you can get it while maintaining about 1/4 inch of thickness. Cut each dough section into 8 equal(ish) squares.*
6. Sprinkle a large pinch of cheese in the center of each dough square. Then, place 1/3 to 1/2 cup of ground beef filling over the cheese. Pull the edges of the dough together and fold over one another, pinching the dough to securely enclose the filling. Place the assembled cabbage burgers, folded side down, on greased baking sheets (we used our stoneware baking sheets).
7. In a small bowl crack the egg, add a splash of water, and whisk together to make an egg wash. Just before placing the cabbage burgers in the oven brush, them with the egg wash. Put the cabbage burgers in the oven and bake for about 25 minutes, or until nice and golden brown. Remove from the oven and let cool on the baking sheets.
8. Once they are cool enough to handle, you can serve up your cabbage burgers with a side of fries and your favorite condiments.