



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Runzas*

- 1 pound lean ground beef
- 1 onion, chopped
- 4 cups chopped cabbage
- 1 ½ teaspoon salt
- ¼ teaspoon pepper
- 1 recipe Bread in a Bag

1. Brown beef and onion in skillet.
2. Add cabbage and cover. Cook 5 minutes until cabbage is tender crisp. Drain off liquid. Add salt and pepper and mix well.
3. Cool in refrigerator while making dough. Roll half of the dough out to form 12x14 inch rectangles. Cut the rectangle into 16 squares. Place 3 to 4 tablespoons of meat-cabbage mixture in the middles of 8 of the squares. Moisten edges of squares with water. Top with 8 remaining squares. Press dough firmly around edges.
4. Place on greased baking sheet. Repeat with other half of dough. Let rise about 30 minutes or until light. Bake at 350° F for 20 minutes. Makes 16.

Nutrition Facts

Serving Size: 1 runza (103g)

Servings: 16

Amount Per Serving

Calories 180 Calories from Fat 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 20mg **6%**

Sodium 390mg **16%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 9g

Vitamin A 0% ■ Vitamin C 15%

Calcium 4% ■ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

For a fun alternative to this recipe, try the following:

Pizza Pouch

Make dough. Roll out half the dough out to form 12x14 inch rectangle. Cut the rectangle into 16 squares. Brush pizza sauce onto dough followed by your favorite pizza toppings. Moisten edges of square with water. Top with remaining squares. Press dough firmly around edges. Cook the same as above. For other pouches try ham and cheese or broccoli and cheese.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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