

A Kansas SNAP-Ed *EZ Does it* Recipe

EZ Bierocks



Servings: 12

Ingredients:

- 1 package (32-count) dinner rolls frozen dough
- 2 pounds hamburger
- 1 medium onion, chopped
- 1 can (*about 14 ounces*) sauerkraut, drained, rinsed, and dried well
- 1½ cups cheese, shredded (optional)
- salt and pepper to taste



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Coat muffin pan with non-stick spray.
2. Fill each cup with 2 frozen dinner rolls. Spray plastic wrap with cooking spray and loosely cover. Let dough thaw and rise about 4 hours, or until double in size. Do NOT over rise, or they will deflate.
3. In a skillet, brown hamburger and onions. Drain.
4. Drain and dry the sauerkraut well. Finely chop the sauerkraut. Add to the drained hamburger. Stir in cheese, if desired. Season to taste with salt and pepper.
5. On a floured surface, stretch raised dough into a 4-inch circle and fill with approximately 1/2 cup filling. Pinch 4 corners together to make a bundle. Repeat with remaining 4 corners so no filling is showing. Pinch ends tightly together and place pinched side down on a baking sheet. Repeat until all dough is filled.
6. Bake at 425°F for 20 minutes.

Nutrition Facts: Each bierock provides 270 Calories, 17g Total Fat, 8g Saturated Fat, 650mg Sodium, 6g Total Carbohydrate, 1g Dietary Fiber, 22g Protein

