

# Bierocks

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## Ingredients:

- 2 lbs. Graze The Prairie Lean Ground Beef
- 1 small head cabbage, finely chopped
- 2 carrots, shredded
- 1 small onion, diced
- ½ tsp. salt
- 1 tsp. pepper
- ½ tsp. celery salt
- dash cayenne pepper (optional)
- Cheese (optional) I use Cheddar or Pepper Jack, but you can use other kinds.
- Rhodes Rolls 36ct. package. (or you can make your own)

## Directions:

Brown ground beef on medium heat in large skillet until no longer pink, about 5 minutes. Add the onions and cook until translucent, about 4-5 minutes. Add salt, pepper, celery salt and cayenne. (You may start with a smaller amount, and add more to taste). Add carrots and cabbage and cook until soft, about 10 minutes. If mixture seems dry, add about ½-1 cup of liquid. I use beef broth, or water and beef bouillon.

I usually let my mixture cool overnight in the fridge, you can spread the mixture on a cookie sheet and let it cool. Make sure meat mixture is completely cool before assembling the bierocks.

Follow direction on Rhodes Rolls for proofing the rolls.

On a lightly floured surface roll each roll into a 6-inch circle. Place about ¼ cup filling in the center. Place about 1 tablespoon shredded cheese or ½ slice on top of filling. Pull edges around filling and pinch to close. Place on a large sprayed baking sheet, pinched side down. Brush tops with melted butter.

Bake at 350°F 25-30 minutes.