

Runza -GFCF

Dough

1 Cup warm almond milk (do not heat above 110 degrees so you dont kill the yeast!)
½ Cup warm waer
2 Tablespoons sugar
1 Tablespoon dry active yeast
3 cups GFCF Flour blend
1 Tablespoon xanthan gum
1 ½ t salt
1 Egg and 2 Egg whites
2 Tablespoons olive oil
1 teaspoon vinegar.

Combine milk, water, sugar, and yeast. Stir in salt, eggs, olive oil, vinegar and xanthum gum. Slowly add flour a cup at a time beating well Let sit covered in a warm place. A great trick is to heat a measuring cup full of water in the microwave then place the dough in the microwave with the cup of water in the microwave to rise. If you don't have a microwave you can do the sameting with a cooler. It creates a nice warm enviroment for the bread to rise.

Filling

4lbs hamburger	1 head of cabbage shredded
small onion	2 T Worchestershire Sauce
2 t Garlic Salt	2 t pepper
1/2 C Catsup	

Brown hamburger and drain. Add the rest of the ingredients Cook over low heat until cabbage is well cooked about 20 min (or cook all morning in the crockpot)

Roll out 1 runza at a time (a small ball of dough) into a circle. Put the dough circle on a greased cookie sheet or on parchmant paper lined cookie sheet. Put about 1/3 cup of filling on the dough to one side of the center and fold the other half over pinching closed. It will look like an individual half moon shaped pie. Cook for 20 min til brown at 375. If you have leftover dough you can roll it out spread with cinamon and sugar roll it up and make 2 inch slices. Put in a greased pie plate and cook for 20 to 25 minutes or until done to make cinamon rolls.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Beef.html>