

Kraut Bierocks

Yield: 10 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/germans-from-russia-kraut-bierok-recipe>

Ingredients:

- 3/8 ounce active dry yeast
- 1/2 cup white sugar
- 2 cups warm water
- 4 cups all-purpose flour
- 1/2 cup powdered milk
- 1 1/2 teaspoons baking powder
- 1/2 cup shortening
- 1 pound lean ground beef
- 1 pound italian sausage ground
- 1 cup chopped onion
- 3 cups shredded cabbage
- 3 tablespoons prepared mustard
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 1/2 cup American cheese shredded, processed
- 1/2 cup shredded cheddar cheese

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 75 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 11 grams
8. Sodium: 1130 milligrams
9. Sugar: 14 grams
10. TransFat: 1.5 grams

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