

Kansas Recipes

Bierocks

Ingredients:

1 (3-pound) package frozen white bread dough
1 ½ pounds ground beef
1 medium head cabbage, shredded
1 pound shredded mozzarella cheese
Salt and pepper to taste
Vegetable oil



Directions:

Thaw frozen bread dough; cut each roll into 3 pieces and set aside.

Brown beef and cabbage in a large skillet, seasoning with salt and pepper to taste. Preheat oven to 350° F.

Roll out bread dough and cut into squares. Place a spoonful of the beef/cabbage mixture onto the center of each dough square. Sprinkle cheese on top, fold over and pinch sides to seal. Rub a bit of oil on the outside of each pastry. Place in a 9" x 13" baking dish and bake in the preheated oven for 45 to 60 minutes, or until golden brown.

Hot Roast Beef Sandwich

Ingredients:

3 ½ cups sliced, cooked beef roast
1 can beef broth
6 slices bread
Mashed potatoes
1 can Consommé, Condensed
3 tablespoons cornstarch



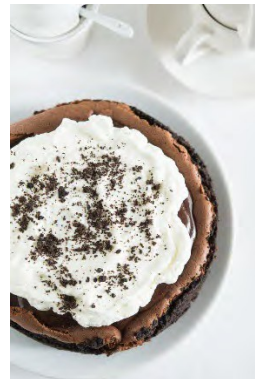
Directions:

Combine cornstarch and ½ cup cold broth and blend well. Combine consommé and broth to make 2 cups, adding water if needed. Heat in a 2-quart saucepan. Add roast beef; let simmer until beef is warm. Add cornstarch mixture and simmer over medium heat until gravy is thickened. Serve beef over slice of bread. Serve mashed potatoes on the side. Ladle gravy over sandwiches and potatoes.

Kansas City Mud Pie

Ingredients:

1 ¼ cups finely chopped pecans
¾ cup flour
¼ cup butter or margarine, melted
1 (8-ounce) package cream cheese, softened
1 ½ cups sifted powdered sugar
1 (8-ounce) tub Cool Whip whipped topping, thawed
2 ⅔ cups cold milk
1 (4-serving) package Jell-O chocolate flavor instant pudding & pie filling



Directions:

Preheat oven to 375° F. Mix pecans, flour, and butter; press firmly onto bottom of 9" springform pan. Bake 20 minutes. Cool.

Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Gently stir in 1 ½ cups of the whipped topping; spread over crust.

Pour milk into medium bowl. Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Spoon over cream cheese layer. Refrigerate several hours or until set.

Run knife or metal spatula around rim of pan to loosen dessert; remove rim of pan. Spread remaining whipped topping over pudding layer just before serving.

Kansas City BBQ Sauce

Ingredients:

1 teaspoon vegetable oil
1 onion, finely chopped
1 clove garlic, crushed
1 cup ketchup
¼ cup water
3 tablespoons brown sugar
3 tablespoons Worcestershire sauce
1 tablespoon cider vinegar
½ teaspoon salt
¼ teaspoon hot red pepper sauce



Directions:

Heat oil in a 2-quart saucepan over medium heat. Add onion and garlic. Cook 5 minutes, stirring occasionally. Add remaining ingredients and bring to a boil. Reduce heat to low and simmer, covered, 15 to 20 minutes until flavors are blended. Serve with ribs and other barbecued foods.

Kansas 24 Hour Salad

Ingredients:

1 head lettuce, cut to bite size pieces
½ green pepper, chopped
½ cup chopped celery
½ cup onion, chopped
½ package frozen peas
1 ½ cups mayonnaise
2 tablespoons sugar
8 slices bacon, fried crisp
4 ounces Cheddar cheese, grated



Directions:

Line 13" x 9" glass dish or bowl with lettuce. Next, layer green peppers, celery, onions, and frozen peas, uncooked. Add sugar to mayonnaise and spread on top. Sprinkle cheese and then crumbled bacon. Cover and refrigerate overnight. Do not mix.