



30 Minute Dinner Rolls

Ingredients

- 1 cup warm water
- ⅓ cup oil
- ¼ cup granulated sugar
- 2 tablespoons active dry yeast
- 1 large egg beaten
- 1 tablespoon unsalted butter, softened
- ½ teaspoon salt
- 3 to 4 cups all-purpose flour (I used closer to 3)
- ⅛ cup milk room temperature

Instructions

- Preheat oven to 400°F.
- In a large bowl, combine 1 cup water, oil, sugar and yeast. Let sit until yeast is bubbly (about 8 minutes). Stir in beaten egg, softened butter and salt.
- With a stand mixer or by hand, add flour, one cup at a time until you have a soft dough that isn't sticky. Knead by hand 10 minutes or 5 minutes with a stand mixer.
- Divide dough into 18 even pieces, and form into balls. Place in a greased pan and cover with parchment paper and a kitchen towel.
- Let rise 10 minutes in a warm place. (You can allow them to rise up to an additional 30 minutes if time allows).
- Lightly brush with milk and bake on the middle rack for 10-12 minutes or just until browned.

© MAKES 18 ROLLS. NUTRITION PER ROLL: CALORIES: 134 | CARBOHYDRATES: 19G | PROTEIN: 3G | FAT: 5G | FIBER: 1G

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