

Hamburger Beef and Noodles

1 to 1/2 lbs of browned hamburger
1 package of Schar Tagliatelle GF Pasta
1/2 package of frozen corn or a can of corn
2 to 3 cups Beef Gravy

Boil pasta. If using frozen browned hamburger heat throughly with corn. Stir in noodles and beef gravy. I used the beef gravy I had in the freezer as cubes, I think about 2 cups worth. I would have liked a little more. This was a great meal when our family was getting over the stomach flu. I just made it and then decided it was really good. I will try and measure more carefully the next time.



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

Easy Beef GFCF Gravy

Ingredients:

4 cups Beef Broth (Herb Ox bouillon)
3 Tbsp. Cornstarch
1 Package GFCF Onion Soup mix
1/2 teaspoon thyme leave
1/4 teaspoon salt
1/4 teaspoon pepper
1 teaspoon GFCF Worcestershire sauce

Bring broth and soup mix to a boil.

Dissolve the Cornstarch into cold water (1 Tbsp water per Tbsp of cornstarch)

slowly mix cornstarch mixture into broth, stirring briskly with a whisk. (If you add the cornstarch mix too fast, you'll end up with a lumpy mess, so be patient!)

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