

### One Pot Penne Pasta

1 to 1 ½ lbs ground beef  
1 Can Spaghetti Sauce  
1 box uncooked GF penne pasta  
1 Spaghetti can of water

Brown hamburger. Stir in water, sauce, pasta. Heat to boil and reduce. Simmer about 10 min until pasta is tender.

<http://www.lincolntent.com/GFCF-Camping.html>

