



## **Penne Pasta**

Serves 6

- 1 to 1 ½ lbs ground beef
- 1 Can Spaghetti Sauce
- 1 box uncooked GF penne pasta – 8 oz box
- 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.

I used to use Hamburger Helper when we camped to make simple one pot meals. This is a good solution although obviously a more expensive solution.

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

or

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