



Southwestern skillet

– Serves 5 could make GFCF and one normal to cut cost if cooking for 6

1 to 1 ½ lbs ground beef
1 (16oz) jar chunky salsa
2 cups uncooked GF pasta (Corn elbow macaroni is an excellent choice)
1 cup water
½ t salt
½ cup non dairy sour cream

Brown hamburger. Stir in water, salsa, pasta and salt. Heat to boil and reduce. Simmer about 10 min until pasta is tender. Stir in sour cream and cook just until hot.

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

and

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