

Gluten Free Homemade “Hamburger Helper”

When I hear or see **hamburger helper** I think back to my college years at Drexel University and my husband’s roommates Chris & Tim as they were always making this in their apartment kitchen. I found this [recipe for homemade hamburger helper](#) a while ago and have made it several times with some adjustments. Every time my family loves it! So, I thought I would add a short post linking to the recipe with a few pictures. I subbed out the hamburger, wheat pasta, and wheat flour for organic ground turkey, brown rice pasta, and an all purpose gluten free flour blend. I omitted the corn and added chopped onion when cooking the meat.

A few other tips.....

- I measure and mix the dry ingredients in a bowl before starting to cook.
- You can cook the pasta at the same time while your are cooking the meat to speed things up!
- It makes enough to have several meals from it. You can save for leftovers or freeze for another time.
- My husband and I like to add a little Srirachi on top.

I hope you enjoy it!

Lori

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With Sriracha on top!



Turkey with onions, dry ingredients, tomato sauce, & milk



All ingredients mixed together!