

Recipe for Homemade dog food

Ingredients

- 1 Cup Brown Rice
- 2 Cups Water
- ½ lb. Green beans, broken into segments
- 1 medium sweet potato, raw, cut into medium-sized chunks (leave skin on)
- 3 carrots, sliced into about 1" thick rounds
- 2 boneless chicken breasts (with or without skin)

COOKING

- Put ingredients into the crockpot in the order given
- Cook on low for about 8 hours, on high for about 5 hours.
- When done, stir, breaking up the chicken in small pieces. Everything will be quite soft
- Let cool and serve
- Refrigerate unused portion: keep up to three days

Substitutions are allowed! For vegetables, try broccoli florets, zucchini, spinach or any of several types of squash, For the protein source, beef cubes, turkey or lamb also work. Use organic ingredients if possible.

WHAT OTHER FOODS CAN YOU USE IN HOMEMADE DOG FOOD?

- **You can interchange all the ingredients.** I buy the meat that is on sale such as hamburger, turkey, and chicken
- You change out the vegetables from time to time also. I sometime switch out the butternut squash with pumpkin or sweet potato. You can add in apples for a variety in flavor. Instead of the kidney beans, you can use lentils or pinto beans.
- You can also add in **chicken livers** Chick Livers are really good for your dog but also very rich. You want to add in small amounts.

When cooled I bag 1-2 cups of the dog food into baggies and freeze. Take out the night before to thaw. I microwave 10-20 seconds to warm up for Lady's breakfast and dinner.