



4 LEGGED DESIGNS™

Natural Homemade Dog Food Recipe

I've been thinking about sharing this for a long time but it took the recent dog food crisis for me to finally put it out there. Most pet food has been unhealthy for dogs long before poison found its way into the mix – discarded organ meats and completely devitalized products with no nutritional value. Using real food for my dog has brought him from a sickly puppy with one problem after another; to a thriving 14-year-old Weimaraner so full of vitality that everyone who meets him thinks he's 5. Without further ado, here is the recipe followed by the incredibly simple 5-minute method for preparing it.

— SHYAMALA LITTLEFIELD, 4 LEGGED DESIGNS

INGREDIENTS

Brown rice – or other non-wheat whole grain

Vegetables – we use fresh and frozen mixtures of string beans, peas, red potatoes, sweet potatoes, zucchinis, squashes, greens of all types. The foods we learned to avoid are the gas producers like broccoli and cauliflower, the ones high in sugar like carrots and beets, and spinach which is very acidic

Natural meat made without hormones or antibiotics – chicken, ground beef, turkey and lamb. Trader Joes has reasonable prices or you can check with various meat butchers. We have bought in bulk with a few other dog owners and gotten very good prices that way.

For our 75 pound weimaraner, we use 1/2 cup brown rice, 2 pounds of vegetables, and 1 pound of meat. You can adjust these amounts according to the age, breed, activity level and current health status of your dog. Your vet can be very helpful about proper amounts.

We divide this into 3 meals and again, should be adjusted to your dog's habit.

THE 5-MINUTE METHOD OF COOKING ONE DAY'S WORTH OF FOOD Add to a crock-pot the rice, then the veggies, then the meat and add water or broth about 1/2 of the way up the mixture. When using fresh veggies, you have to wash and chop them a bit, which is why this method could take 5 whole minutes.

3 MORE MINUTES IN THE MORNING: Simmer overnight and in the morning remove the meat on top onto a plate and cut into pieces. Take a stick blender [a worthy \$15 investment] and blend up everything else in the crock-pot. Add back the meat. And voila! You are done. Depending on what veggies you used, the mixture could be thinned with more water. Be sure and wait until it cools down before serving to your beloved.

And yes, you could eat this too and thrive.