

Dog Food, Beef Chicken & Rice

This recipe makes about 50 cups



Ingredients

2 lbs hamburger
6 lbs chicken both dark & white meat
4 cups uncooked brown rice cooked
2 heads of broccoli
4 ears of corn
12 eggs
2-15 oz cans of pumpkin
6 sweet potatoes
1- 15 oz can of green beans or peas
6 apples cored
3 lbs carrots
2- 24 oz containers of cottage cheese or yogurt

This makes a VERY large batch. Cut it in half for easier prep

Directions:

1. Place the ground beef, chicken, & 1 cup of water in an Instant Pot & cook on high pressure for about 25 minutes
2. After the meat is fully cooked, shred the chicken and dice it into small pieces. Reserve the meat broth.
3. Core the apples and blend them into a puree using a blender or food processor
4. Slice the corn kernels off the cob (or use canned corn)
5. Chop the broccoli, carrots, & sweet potatoes into small pieces and boil or cook in the oven until tender
6. Puree the sweet potatoes and carrots (you will have to do this in batches)
7. Chop the cooked broccoli into fine pieces
8. Cook the brown rice in the Instant Pot by combining the broth from the cooked meat and enough water to make a total of 8 cups liquid. Set the Instant Pot to medium pressure and cook for 22 minutes.
9. Separate the yolks from 6 eggs, keeping only the egg whites. In a bowl, combine the 6 egg whites with 6 whole eggs and whisk until fully incorporated.
10. Cook the scrambled eggs
11. Divide all ingredients into 4 or 5 equal portions for easier mixing
12. In a large stand mixer, combine one portion (about 1/4th) of the cooked meat, rice, vegetables, fruit, pumpkin, eggs, and cottage cheese or yogurt. Mix thoroughly. Alternatively, you can use a very large bowl and mix it by hand.
13. Add parchment paper to your trays
14. Spread the dog food evenly onto trays. You will need multiple sets of trays if making a whole recipe
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 52 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate use a 1:1 ratio of freeze-dried dog food and water. It will need to sit for 5 minutes or more to rehydrate completely

Nutritional Info:

Visit Balanceit.com to calculate your pet's nutritional needs and the nutrition of this recipe