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 chees 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

www.freezedryingcookbook.com