

CHICHIS AND ME

5  
FREE

FRESH  
HOMEMADE DOG  
FOOD RECIPES

MY THREE LITTLE MUNCHKINS LOVE THEM  
AND YOURS WILL TOO!  
EASY AND AFFORDABLE





Yield for all recipes depends on your individual dog and his portion requirements

# REMEDY'S TURKEY RICE MIX

Makes 8 cups    Prep Time: 10 Min    Cook time: 45 Min    Total: 55 Min

## Ingredients:

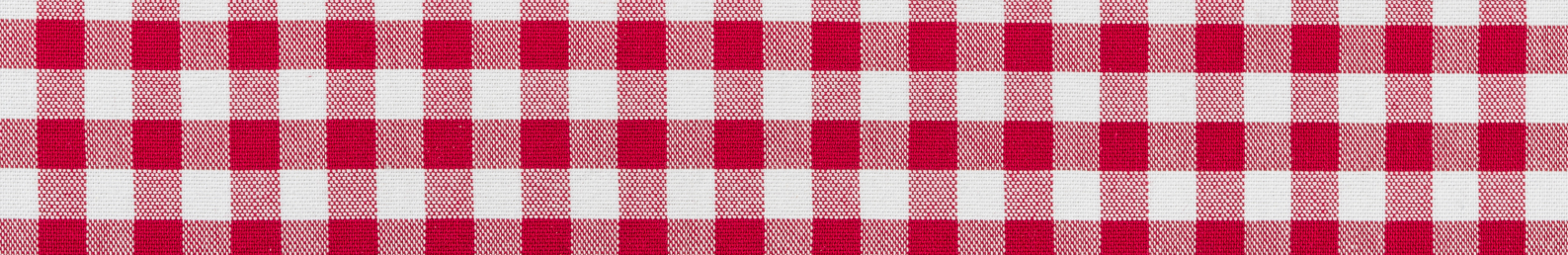


3 pounds ground turkey  
1 1/2 C Brown Rice  
1 Sweet Potato  
1 Package frozen mixed veggies  
3 Cups Baby Spinach  
1 Tablespoon Soybean Oil  
Directions:

## Directions:

- Cook rice as directed on package and set aside.
- Saute' turkey in soybean oil, crumble.
- In a stock pot or Dutch oven add all other ingredients cook until spinach is wilted and the mixture is cooked through for about 3-5 minutes.
- If you want, add a boiled egg to the mixture after it is cooked.
- You can always add a raw fruit to the cooked mixture





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# NUTTY PUP BUTTERNUT

Makes 12cups    Prep Time: 10 Min    Cook time: 6 Hrs    Total: 6 Hrs, 10 Min

## Ingredients:

- \* 2 1/2 pounds of lean ground beef
- 1 1/2 cups brown rice
- 1 1/2 cups butternut squash, chopped
- 1/2 cups carrots, chopped
- 1/2 cup green beans, canned or frozen

## Directions:

- Stir in ground beef, brown rice, butternut squash, carrots, green beans and 4 cups water into a 6-qt crock-pot or slow-cooker.
- Cover and cook on low heat for 5-6 hours, or high heat for 2-3 hours, stirring as needed.
- You can add fish oil or flax seed oil supplements if you feel necessary.
- Let cool completely

This is my three amigo's favorite.

\* I sometimes make it 1/2 ground turkey & 1/2 ground beef





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# CHICO'S CHICKEN DELIGHT

Prep Time: 5 Min



Cook time: 25 Min

## Ingredients:

- 6 cups water
- 2 lbs ground chicken
- 2 cups rolled oats (not instant)
- 16 oz. package of frozen broccoli, carrots, cauliflower combination

## Directions:

- Stir in ground chicken, oats, in a large Dutch oven or stock-pot.
- Stir until chicken is broken up and well mixed.
- Bring to a boil over high heat, then reduce heat to low and simmer for 20 minutes.
- Add the frozen vegetables, and cook for an additional 5 minutes. Let cool and refrigerated until ready to serve.



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# NO PORK-IE PUP ROUNDUP



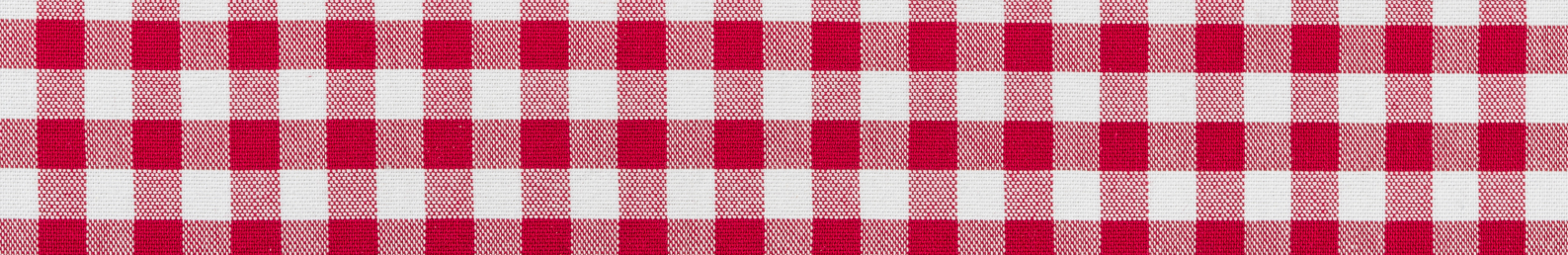
## Ingredients:

- 6 cups water
- 1 pound ground pork
- 2 cups uncooked Barley, cooked
- 1/2 cup corn, frozen
- 1/2 cup green beans, frozen
- 1/2 zucchini, fresh

## Directions:

- Saute' ground pork.
- Cook barley according to package directions.
- Steam the veggies for 5-7 minutes.
- Mix all ingredients, let cool and refrigerate until ready to serve.





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# SOMETHINS' FISHY MISSY

## Ingredients:

2 lbs. trout or salmon (do not use tuna or swordfish, they tend to have high mercury levels)

1 sweet potato

1 package frozen mixed vegetables

## Directions:

- Steam or bake fish.
  - Bake or microwave sweet potato.
  - Cook mixed vegetables according to package directions.
  - Cut fish into small sized pieces.
  - chop sweet potato into small pieces.
  - Mix fish, sweet potato, and vegetables together. Cool and refrigerate until ready to serve.
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