

FRESH FEEDING RECIPES



Fresh food is healthier both for you and for your pets. It's safe, easy and inexpensive to add fresh foods to your pets' meals.

Animals are designed to eat different raw meats in the form of hunted prey at every meal. This is most species appropriate. But it's not always practical.

Fortunately, we can feed our healthy dogs and cats a wide variety of foods. And they can still thrive as long as some of it is fresh.

Preparing food in batches can make it more practical for you to do. The easiest method is to share your fresh foods with your pets.

HERE ARE A FEW RECIPES TO GET YOU STARTED

These can all be prepared in a slow cooker, Instant Pot® pressure cooker, or on the stovetop.

All recipes can be made with fresh, frozen, organic, conventional and even dehydrated foods. Wash all veggies and use sanitary practices for handling any raw meat, dirty cutting boards, and utensils.

Any fresh food will have more vitality than commercial. Fresh, local, and organic have the highest vitality but are not required to improve your pet's diet.

DIRECTIONS

Instant Pot® Setting: Soup, Stew or 20 minutes on manual.

Slow Cooker Setting: High 4-6 hours.

When cooking is complete, either chop, mush or grind some or all of the food.

FRESH FEEDING RECIPES

SWEET POTATO STEW

- 2 cups broccoli
- 2 cups celery sweet
- 2 cups sweet potatoes
- 1 cup lentils
- 3 cups water

CHICKEN WITH VEGETABLES IN SLOW OR PRESSURE COOKER

- 2 fresh or frozen chicken breasts, whole or cut up
- 2 cups of chopped celery
- 2 cups chopped sweet potatoes, or winter squash
- 2 cups frozen wild blueberries
- 4 cups of water or water to cover

VEGETABLE MELANGE

- 2 cups green beans
- 2 cups carrots
- 2 cups potatoes
- 2 cups blueberries
- 4 cups water

VEGGIE/BEAN OR LENTILS

- 1 cup red lentils or dal
(other lentils may require longer cooking)
- 2 cups cauliflower
- 2 cups frozen spinach
- 2 cups sweet potatoes, carrots or winter squash

THINGS YOU CAN ADD TO THESE STEWS

Fresh Raw Meats and/or eggs. Underweight pets also can benefit by adding cooked oats, groats, quinoa, buckwheat, millet, some rices (cook in slow cooker 1 grain to 2 water ratios).

PORRIDGE OR HOT CEREAL

You can cook any grains, grasses, seeds in the slow cooker or pressure cooker. For a basic "rice" pudding white rice is most traditional but all the colors of rice will work with more liquid and time.

PRESSURE COOKER PORRIDGE:

- 1 cup rice/grains
- 4 cups of water or milk (any kind)

30 minutes, if not cooked enough add another cup or more of milk product and cook again 6 more minutes. Stir in coconut (or other) milk or even plain filtered water at the end to make it creamier.