

JustFoodforDogs®

Beef & Russet Potato

Recipe, Cooking Instructions
& Feeding Guidelines



Yields
approximately
11½ lbs
of food

Recipe Ingredients

Yields
approximately
5¾ lbs
of food

Large Batch

5 lbs Ground Beef

85% lean/15% fat

2½ oz Beef Liver

Diced or ground

3 lbs 9 oz Russet Potatoes

With skin

1 lb 14 oz Sweet Potatoes

With skin

5 oz Carrots Finely chopped

5 oz Green Beans

Finely chopped

2½ oz Green or Red Apples

Cored, seeded, finely chopped

3¾ oz Sunflower Oil

1 tbsp JustFoodForDogs Omega (algae) Oil

3 tsps Beef & Russet Potato DIY Nutrient Blend

Small Batch

2½ lbs Ground Beef

85% lean/15% fat

1¼ oz Beef Liver

Diced or ground

28½ oz Russet Potatoes

With skin

15 oz Sweet Potatoes

With skin

2½ oz Carrots Finely chopped

2½ oz Green Beans

Finely chopped

1¼ oz Green or Red Apples

Cored, seeded, finely chopped

3¾ tsps Sunflower Oil

½ tbsp JustFoodForDogs Omega (algae) Oil

4½ tsps Beef & Russet Potato DIY Nutrient Blend

All weights indicated are raw or dry weight.

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To determine the batch size for cooking: refer to the feeding guide chart for days of food supply per your dog's weight and batch yield.



Stovetop Cooking Instructions

Preparation

1. Wash all fruits and vegetables thoroughly. Use fresh vegetables whenever possible, but if one or two items are purchased frozen, make sure there are no added ingredients such as salt or sugar.
2. Be sure to use potatoes without any signs of aging or shades of green.
3. Prepare a one-quart ice bath. Once the potatoes are cooked, the ice will be used to cool them and to stop the cooking process so they retain their texture.
3. Make absolutely certain that all apples have been cored and all seeds removed — apple core/seeds can be toxic to dogs.

Cooking

1. In a nonstick skillet, brown beef and beef liver over medium-high heat, stirring frequently. Add carrots, green beans, peas and apples while beef is slightly pink. Continue until beef is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Choose a pot that will hold all the potatoes, add water and bring to a rapid boil. In the meantime, dice the russet and sweet potatoes (do not peel) to an appropriate bite size for your dog. Add potatoes to the water and lower heat to a simmer. Cook for 10-15 minutes or until fully cooked (soft to the touch). Add ice to stop the cooking process. Drain. Let the potatoes cool to the touch.
3. In a large mixing bowl, after the food has cooled completely, combine all ingredients, including the sunflower and Omega oils. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
4. Portion into individual serving sizes and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh for up to 4 days. In the freezer, it can be stored for up to 3 months.



Instant Pot Cooking Instructions

Preparation

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen, make sure there are no added ingredients such as salt or sugar.
4. Be sure to use potatoes without any signs of aging or shades of green.
5. Make sure that all apples are cored and all seeds are removed.
Apple cores/seeds can be toxic to dogs.

Cooking

1. Add beef, beef liver, and carrots to the Instant Pot. Use the "Sautee" setting at 5 minutes with the lid removed, to begin browning the protein and stirring to break up larger chunks of meat. After 5 minutes, turn off Instant Pot.
2. Add russet potatoes, sweet potatoes, green beans, green peas, and apples along with $\frac{1}{2}$ cup of water. To avoid a "Burn Error," be sure to mix well and scrape the bottom of the pot after the adding water.
3. Set Instant Pot to "Pressure Cook" setting for 10 minutes.
4. After 10-minute timer goes off, release pressure and check to see if ingredients are thoroughly cooked (soft to the touch).
5. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Beef & Russet Potato DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
6. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for 3-5 days and up to one year in the freezer.



Slow Cooker Cooking Instructions

Preparation

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen, make sure there are no added ingredients such as salt or sugar.
4. Be sure to use potatoes without any signs of aging or shades of green.
5. Make sure that all apples are cored and all seeds are removed. **Apple cores/seeds can be toxic to dogs.**

Cooking

1. Add beef, beef liver, carrots, russet & sweet potatoes to the slow cooker along with 1½ cups of water. Slow-cook on high heat for approximately 2 hours, occasionally stirring to break up ground beef.
2. Check to see if ingredients are cooking thoroughly (becoming soft to the touch). Then add green beans, peas, and apples, change setting to low heat and cook for approximately 1½ hours.
3. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Beef & Russet Potato DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
4. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for 3-5 days and up to one year in the freezer.



Quick Feeding Guidelines

ADULT DOG

Size & Weight	Daily Amount	Days of Supply Full Recipe	Days of Supply Half Recipe
Extra Small 5 - 10 lbs	½ - 1 cup 3½ - 5½ oz	33 - 52	16 - 26
Small 11 - 20 lbs	1 - 1½ cups 5½ - 9½ oz	19 - 33	9 - 16
Medium 21 - 40 lbs	1½ - 2½ cups 9½ - 15½ oz	11 - 33	5 - 9
Large 41 - 60 lbs	2½ - 3¼ cups 15½ - 21 oz	8 - 11	4 - 5
Extra Large 61 - 80 lbs	3¼ - 4 cups 21 - 26 oz	7 - 8	3 - 4

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