



CHICKEN & WHITE RICE

Recipe, Cooking Instructions & Feeding Guidelines

LARGE BATCH

Makes approximately 9 lbs

- 2 lbs 4 oz Chicken Thighs**
Meat only, boneless, skinless, diced or ground
- 1 lb 4 oz Chicken Thighs**
Meat with skin, boneless, diced or ground
- 6 oz Chicken Gizzards**
Diced or ground
- 5 oz Chicken Liver**
Diced or ground
- 24 oz Long-Grain White Rice**
Enriched
- 8 oz Spinach**
Finely chopped
- 8 oz Carrots**
Finely chopped
- 8 oz Green or Red Apples**
Cored, seeds removed, finely chopped
- 2 tsp JustFoodForDogs Omega Plus Fish Oil**
- 5 1/4 tbsp JustFoodForDogs Chicken & White Rice DIY Nutrient Blend**

SMALL BATCH

Makes approximately 4.5 lbs

- 1 lb 2 oz Chicken Thighs**
Meat only, boneless, skinless, diced or ground
- 10 oz Chicken Thighs**
Meat with skin, boneless, diced or ground
- 3 oz Chicken Gizzards**
Diced or ground
- 2.5 oz Chicken Liver**
Diced or ground
- 12 oz Long-Grain White Rice**
Enriched
- 4 oz Spinach**
Finely chopped
- 4 oz Carrots**
Finely chopped
- 4 oz Green or Red Apples**
Cored, seeds removed, finely chopped
- 1 tsp JustFoodForDogs Omega Plus Fish Oil**
- 7.75 tsps JustFoodForDogs Chicken & White Rice DIY Nutrient Blend**

All weights indicated are raw or dry weight.

PREPARATION

1. Wash all fruits and vegetables thoroughly. Use fresh vegetables whenever possible, but if one or two items are purchased frozen (may add as is), make sure there are no added ingredients such as salt or sugar.
2. 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 chicken thighs, chicken gizzards and chicken liver over medium-high heat, stirring frequently. Add spinach, carrots and apples while chicken is slightly pink. Continue to cook until chicken is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Cook rice according to package directions. Let cool.
3. In a large mixing bowl, combine all ingredients, including the Omega Plus Fish Oil. 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.

FEEDING GUIDES

Adult Dogs

Dog Wt.	Oz	Cups	Dog Wt.	Oz	Cups
10	6	3/4	80	28	3 1/2
20	10	1 1/4	90	30	3 3/4
30	13	1 3/4	100	33	4
40	17	2	115	37	4 1/2
50	20	2 1/2	125	39	5
60	22	2 3/4	150	45	5 1/2
70	25	3 1/4			

Puppies < 4 months

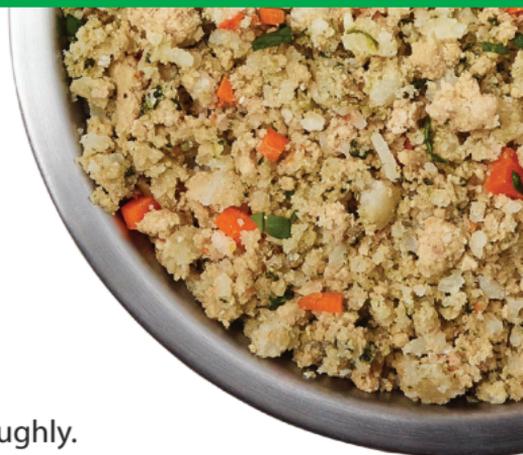
Puppy Wt	Oz	Cups
10	15	2
20	25	3 1/4
30	34	4 1/4
40	43	5 1/2
50	51	6 1/2
60	58	7 1/4

Puppies > 4 months

Puppy Wt	Oz	Cups
10	9	1 1/4
20	15	2
30	21	2 3/4
40	26	3 1/4
50	30	3 3/4
60	35	4 1/2
70	39	5
80	43	5 1/2
90	47	6
100	51	6 1/2
115	57	7 1/4
125	60	7 1/2

CHICKEN & WHITE RICE

Cooking Instructions for Instant Pot



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. Make sure that all apples are cored and all seeds are removed. **Apple cores/seeds can be toxic to dogs.**

COOKING

1. Add chicken thighs, chicken gizzards, chicken liver, carrots, and spinach to the Instant Pot. Use the "Sauté" setting at 7 minutes with the lid removed to begin browning the protein and stirring to break up larger chunks of meat. After 7 minutes, turn off Instant Pot.
2. Add white rice and apples to the pot along with 1 cup of water. To avoid a "Burn Error," be sure to mix well and scrape the bottom of the pot after adding water. Use "Pressure Cook" setting on "High" for 5 minutes. Once the timer goes off, allow rice to simmer for 3-5 minutes before releasing pressure.
3. Check to ensure ingredients are cooked thoroughly (soft to the touch).
4. Once all ingredients are cooked, allow food to cool.
5. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Chicken & White Rice 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.

CHICKEN & WHITE RICE

Cooking Instructions for Slow Cooker



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. Make sure that all apples are cored and all seeds are removed. **Apple cores/seeds can be toxic to dogs.**

COOKING

1. Add chicken thighs, chicken gizzards, chicken liver, carrots, and spinach to the slow cooker along with $\frac{1}{2}$ cup of water. Slow-cook on high heat for approximately 2 hours, occasionally stirring to break up the chicken.
2. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
3. Add white rice and apples along with another $1 \frac{1}{2}$ cups of water. Cook on high heat for an additional $1 \frac{1}{2}$ to 2 hours.
4. Periodically check to ensure water level is sufficient, and reduce heat to low once the majority of the water is absorbed. Allow rice to simmer until grains are soft. Then turn off heat.
5. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Chicken & White Rice 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.