



TURKEY & WHOLE WHEAT MACARONI

Recipe, Cooking Instructions & Feeding Guideline

LARGE BATCH

Makes approximately 13 lbs

- 5 lbs Ground Turkey**
85% lean/15% fat
- 2.5 oz Turkey Liver**
- 2 lbs 8 oz Whole Wheat Macaroni**
- 5 oz Carrots**
Finely chopped
- 5 oz Zucchini**
Finely chopped
- 5 oz Broccoli**
Finely chopped
- 2.5 oz Cranberries**
Fresh or frozen
- 5 tsp JustFoodForDogs Omega Plus Fish Oil**
- 2 1/2 tbsp JustFoodForDogs Turkey & Whole Wheat Macaroni DIY Nutrient Blend**

SMALL BATCH

Makes approximately 6.5 lbs

- 2 lbs 8 oz Ground Turkey**
85% lean/15% fat
- 1.25 oz Turkey Liver**
- 1 lb 4 oz Whole Wheat Macaroni**
- 2.5 oz Carrots**
Finely chopped
- 2.5 oz Zucchini**
Finely chopped
- 2.5 oz Broccoli**
Finely chopped
- 1.25 oz Cranberries**
Fresh or frozen
- 2 1/2 tsp JustFoodForDogs Omega Plus Fish Oil**
- 3 3/4 tsp JustFoodForDogs Turkey & Whole Wheat Macaroni 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. Prepare a one-quart ice bath. Once the macaroni is cooked, the ice will be used to cool it and to stop the cooking process so it retains its texture.

COOKING

1. In a nonstick skillet, brown the turkey and turkey liver over medium-high heat, stirring frequently. Add carrots, zucchini, broccoli and cranberries while turkey is still slightly pink. Continue to cook until turkey is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Cook macaroni according to package directions. Once cooked, add ice to stop cooking process and drain. Let cool.
3. In a large mixing bowl, combine all cooled ingredients, including Omega Plus Fish Oil. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
4. Portion into individual serving sizes and store in the 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 GUIDE

Dog Wt.	Oz	Cups	Dog Wt.	Oz	Cups
10	5	3/4	80	25	3
20	9	1	90	27	3 1/2
30	12	1 1/2	100	29	3 3/4
40	15	1 3/4	115	31	4
50	17	2 1/4	125	35	4 1/4
60	20	2 1/2	150	40	5
70	22	2 3/4			

TURKEY & WHOLE WHEAT MACARONI

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.

COOKING

1. Add turkey, turkey liver, carrots, broccoli, and zucchini to the Instant Pot. Use the "Sautee" setting at 5 minutes with the lid removed to begin browning the turkey. Make sure to stir the food in order to break up any larger chunks of meat. After 5 minutes, turn off Instant Pot.
2. Add the macaroni and cranberries along with 3 cups of water. To avoid a "Burn Error," be sure to mix well and scrape the bottom of the pot after adding water.
3. Use the "Pressure Cook" setting on high for 5 minutes. Once the timer goes off, allow the mixture to naturally release pressure for 5 minutes before releasing manually.
4. Once all ingredients are cooked thoroughly (soft to the touch), allow the 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 Turkey & Whole Wheat Macaroni 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.

TURKEY & WHOLE WHEAT MACARONI

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.

COOKING

1. Add turkey, turkey liver, carrots, broccoli, and zucchini to the slow cooker along with $\frac{1}{2}$ cup of water.
2. Cook on high for approximately 2 hours, occasionally stirring to break up the turkey.
3. Make sure ingredients are cooking thoroughly (becoming soft to the touch).
4. Add the macaroni and cranberries to slow cooker along with 3 cups of water. Continue cooking on high heat for 30-45 minutes.
5. Once all ingredients are cooked thoroughly (soft to the touch), allow the food to cool.
6. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Turkey & Whole Wheat Macaroni DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
7. 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.