



Organic Dog Food Recipes

Created by Nedra Downing, D.O.



The Downing Clinic
5715 Bella Rose Blvd. Suite 100 Clarkston, MI 48348
Phone: (248) 625-6677 Fax: 248-625-5633 Website:
www.TheDowningClinic.com

Recipe 1: TURKEY STEW WITH BROWN RICE, PEAS AND CARROTS

Ingredients

2 ½ lbs. organic turkey legs or thighs
2 cups organic brown rice
1 bag organic peas and carrots

Preparation

Place the turkey into a pot with enough water to cover. Do not season.

Bring to boil, then lightly cover and reduce heat to simmer for about an hour or 1 ½ hours, until meat is ready to fall off the bones.

Let cool so turkey can be handled.

Remove turkey to a plate.

Pour broth into a bowl, removing any bone bits.

Measure 1 quart of broth to return to the soup kettle. Add more water, or other broth, if needed to create one quart.

Pour broth back into soup kettle.

Next, bring the broth to a boil.

Add 2 cups organic brown rice, stir, and bring back to a boil.

Reduce heat to lowest setting, place tight lid on kettle, and cook for 45 minutes. (If your stove cooks fast or you do not have a truly low setting, rice may take less time.)

While rice is cooking, remove cooked turkey from bones and cut into chunks. Note that cartilage and a little well-cooked skin are fine, but don't include too much fat.

For last 10 minutes of the rice cooking time, add 1 bag of mixed organic peas and carrots to the rice mixture in the pot

Lastly, add the turkey chunks to the rice and vegetable mixture in the pot.

Let mixture cool.

Package into containers for several meals. Freeze, if desired.

Recipe 2: ROAST PORK, SWEET POTATOES, GREEN BEANS

Ingredients (I usually double this recipe)

1 3-lb. lean pork loin roast
1 large organic ruby or garnet yam or several small ones
1 bag organic cut green beans

Preparation

Heat oven to 325 degrees.

Bake roast uncovered in baking pan about an hour or until pork is quite done.

Bake yams in pan with an inch or so of water in the bottom, and loosely cover with foil to steam the yams.
Cook 1 bag organic cut green beans in water to cover until done. Drain, let cool.
Cool pork and yams and slice and cut up pork. Peel and cut up yams.
Mix pork, yams, beans in bowl.
Portion into storage containers holding several meals. Freeze, if desired.

Recipe 3: CHICKEN AND NOODLES WITH CELERY, PEAS, CARROTS

Ingredients

3 lbs. or so organic whole chicken, or boneless thighs
1 cup organic chopped celery
1 bag frozen organic peas and carrots
1 bag organic rice noodles (or other whole grain)

Preparation

Place chicken in a soup kettle, cover with water, and bring to boil. Reduce heat and simmer loosely covered until chicken is done and falling off the bones. Remove chicken to a plate and cool.
Continue to boil broth without a lid to reduce it to about one quart.
Place noodles, celery, and frozen peas and carrots in reduced broth.
Bring to a simmer and cook until noodles, celery, carrots and peas are done, about 20 minutes or so.
Remove chicken from bones and cut up into chunks. A little chicken skin can be included, along with cartilage, cut up. Giblets are fine to include and dogs love them. Discard bones.
Mix cooled noodles, peas, celery, carrots with chicken.
Portion into storage containers holding several meals. Freeze, if desired.

Recipe 4: BAKED ORGANIC CHICKEN WITH WINTER SQUASH, AND GREEN BEANS

We usually share this dinner with the dogs, and split the leftovers. This dinner smells very good while baking.

Ingredients

1 3-4 lbs. whole organic chicken
1 long and thick-necked butternut squash
1 package organic cut green beans.

Preparation

Heat oven to 325 degrees.
Place chicken in a roasting pan and bake uncovered for about 1 ¼ hours or until done.
Remove to a plate and cool.
In the same oven, place squash in a baking pan with an inch or more of water. Loosely cover with foil.
Squash may take longer to bake than the chicken. Squash is done if soft when poked with a knife.
Let cool.
Cover 1 package organic cut green beans with water, or steam until done.
Cool.
Remove chicken from bones and cut up. Cartilage and a little skin are fine, but avoid too much fatty skin.
Peel and cut up squash.
Mix chicken, squash, and beans.
Portion into containers holding several meals. Freeze, if desired.

NOTE: If squash is large, don't use it all for the dogs. The proportion of chicken should be greater than the amount of squash. For people, do just the opposite: make the portion of squash greater than that of chicken. This way, it all works out just fine!

Recipe 5: GROUND LAMB, OATMEAL, AND PEAS

Sometimes I add a few cloves of chopped garlic.

Ingredients

2 lbs. ground lamb (I usually can't find organic)
2 cups cooked organic whole grain rolled oats
1 package frozen organic peas

Preparation

Cook lamb by sautéing in a pan until it loses its pink color, 10-15 minutes on a low heat.
Drain any extra fat off and discard the fat. Cool. Place ground lamb in large bowl.
Cook organic whole grain rolled oats according to package directions (no salt) to make two cups.
Cool
Lightly cook, 1 package organic peas frozen,
Mix lamb, cooked oatmeal, peas in large bowl.
Portion into storage containers and freeze, if desired.

Recipe 6: BEEF STEW WITH POTATO, CELERY, TOMATO, PEAS

Ingredients

2 lbs. organic beef or bison cubes
1 cup chopped celery
3 tablespoons organic olive oil
1 24 oz. can organic diced tomatoes
1 package frozen organic green peas

Preparation

Heat oven to 325 degrees.
Heat 3 T olive oil in black cast iron Dutch oven or large skillet with a lid.
Cook beef or bison cubes and celery for 15 minutes on medium heat while stirring.
Add one 24 oz. can organic diced tomatoes to the skillet.
Cover Dutch oven or skillet, place in oven and bake for 1 to 1 ½ hours until meat is very tender and quite done.
Remove from oven, stir in the peas and let cool.
Freeze in containers holding several meal portions. Sometimes a little water needs to be added if mixture is too dry while baking.

Recipe 7: MACARONI AND CHEESE WITH MIXED VEGETABLES

This meal is lower in protein, so I usually add some commercial canned organic chicken or other meat to enhance protein content for the dogs. Wellness brand makes this type of canned dog food.

Ingredients

1 12 oz. package of organic whole grain macaroni or other pasta
1 quart of low fat organic cottage cheese
4 oz. low-fat organic colby or other cheese
1 12 oz. package of organic frozen mixed vegetables (no lima beans)

Preparation

Heat oven to 325 degrees.
Cook pasta in boiling water until done, drain.
Add cottage cheese, cut up cheese, mixed vegetables and mix.

Bake uncovered in Pyrex baking dish for 1 hour, until cheese is melted. Cool.
Portion into containers for several meals. Freeze, if desired.

Recipe 8: DOG MEAT LOAF

Ingredients

2 lbs. of ground organic meat or poultry (beef, turkey, bison, chicken)
4 eggs
2 cloves garlic, chopped
4 tablespoons chopped fresh parsley
1 bag organic frozen mixed vegetables (no limas)
1 cup organic rolled oats (uncooked)

Preparation

Heat oven to 325 degrees
Mix all ingredients in large bowl.
Shape into a meatloaf or two in a large baking pan.
Bake until done, about one hour.
Cut into chunks, wrap with waxed paper, freeze, if desired.

Recipe 9: DOG FRIED CHICKEN, YAMS, GREEN BEANS

Truly fit for human consumption! We share this meal with the dogs, too.

Ingredients

2 lbs. organic skinless, boneless chicken thighs
Whole grain flour on a plate to roll chicken in
¼ cup organic olive oil
2 tablespoons organic unsalted butter
1 large ruby or garnet organic yam (or one large can of commercial organic yams, drained)
1 package organic cut green beans

Preparation

Roll chicken in flour to coat.
Heat oil and butter in skillet, keeping temperature low to medium.
Saute chicken until lightly brown, turning once. For dogs, the chicken does not have to be done. For humans, it does.
Cook fresh yams by peeling and cutting them up and then either cooking in water on top of the stove to steam them for about 20-30 minutes. Or, bake them for more ease in cutting. Baking takes longer than steaming. Bake yams at 325 degree in the oven for about 1 ½ hours in a baking pan big enough to hold, with 1 inch of water in the bottom and loosely covered with foil. Cool.
Cook 1 package organic cut green beans by steaming or boiling in water. Let cool.
Cut up chicken and yams. Mix with beans.
Package in storage containers to hold several meals. Freeze, if desired.

Recipe 10: GROUND ORGANIC BEEF, POTATO, AND GREEN PEAS

Ingredients

2 lbs. organic ground beef (bison, chicken, turkey)
2 medium organic potatoes, peeled and thinly sliced
2 cloves garlic, minced
1 package organic frozen green peas

2 tablespoons organic olive oil

Preparation

In a large skillet, heat oil on low-medium.

Add potatoes and garlic and cook until potatoes are done.

Add beef and cook lightly, or beef can be used without cooking.

Add frozen peas.

Turn off heat. Stir. Allow to cool.

When cool enough to handle, portion into storage containers containing several meal-sized portions.

Freeze, if desired.

