



### PREP INSTRUCTIONS

1. Wash all vegetables thoroughly.
2. All prepped vegetables should be finely chopped or diced.
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 absolutely certain that all apples have been cored and all seeds removed. Apple cores/seeds can be toxic to dogs.



### COOKING INSTRUCTIONS: INSTANT POT

1. Add beef, beef liver and carrots to the Instant Pot. Use the "Sauté" setting at 5 min with the lid removed, to begin browning the protein and stirring to break up larger chunks of meat. After 5 min turn off Instant Pot.
2. Add russet potatoes, sweet potatoes, green beans, green peas, and apples along with ½ cup of water. To avoid a "Burn Error", be sure to mix well and scrape the bottom of the pot after the addition of water.
3. Set Instant Pot to the normal "pressure cook" setting at 10 min.
4. After 10 min timer sounds release pressure and check to see if ingredients are thoroughly cooked (soft to the touch).
5. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oils until fully incorporated.
6. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 4-6 days.



### COOKING INSTRUCTIONS: SLOW COOKER

1. Add beef, beef liver, carrots, russet & sweet potatoes to the slow cooker along with 1 1/2 cups of water. Place setting to 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 on low heat for approximately 1.5 hours. Once all ingredients are cooked, allow food to cool.
3. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oils until fully incorporated.
4. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 4-6 days.