



Dog Tips, Recipes & More
www.bestdoggietips.com



Healthy, Natural Dog Recipes

Brought to you by

www.bestdoggietips.com

Contents

Hearty Meat Stew	3
Mince & Chicken Loaf	4
Fish & Rice Casserole	5
Mince Like Mum Used to Make	6
Diet Beef Mash.....	7
Tuna Casserole.....	8
Beef & Greens Pasta	9
Christmas Treats	10

Hearty Meat Stew

Ingredients

12 cups of vegetables
1 Kg meat
2 cups rolled oats
1 tsp stock powder
2-3 Ltr water

Directions to Make

Just a word about the ingredients for the 12 cups of vegetables, I use whatever is in season - pumpkin, carrot, zucchini, beans, turnip, broccoli (including the stalk). Just make sure they are human quality, and NEVER use anything from the onion family (onions, leeks, garlic, etc) - this is toxic for dogs.

For the 1Kg of meat, you could use beef mince, chicken mince or chicken breast. You could also use steak, turkey mince - whatever your dog prefers. BUT - no cooked bones.

Take a large pot (the biggest you've got). Cut the vegetables into bite sized chunks for your dog. You can also chop or grate your vegetables in a blender to create a more porridge-like consistency - I have done both, and our dogs don't seem to have a preference for either. Just don't cut the vegetables too large for your dog, or they'll eat around them!

Layer the meat and vegetables so the juices from the meat cook through all the vegetables. Sprinkle the rolled oats in about half way through layering the pot, and add the teaspoon of stock powder (beef for beef, and chicken for chicken) at the end.

Add water to around half way of the contents of the pot. Bring to the boil, and simmer for 40 minutes. Stir 2-3 times while it's cooking, again to make sure all the vegetables get some meaty flavour in them.

This stew will last around a week (depending on the size of your dogs) and is suitable for freezing. This makes a lot of stew - feel free to cut the ingredient list in half if you have a smaller dog, or when you try it out for the first time.

[Back to Contents](#)

Mince & Chicken Loaf

Ingredients

500g mince
4-6 chicken sausages
1 grated carrot
2 grated zucchinis
3 eggs
1/2 cup breadcrumbs

Directions to Make

Mix all the ingredients except the sausages in a bowl and combine well. The texture should be the same as for a human meatloaf. If too dry - add a little milk. If too wet, add more breadcrumbs.

In a loaf pan, place half of the meat mixture, then a layer of chicken sausages, then the remainder of the meat mixture. You can sprinkle more breadcrumbs over the top for a crisp topping.

Place into a preheated 190 degree oven and cook until the sides leave the pan (around 30 minutes in my oven).

Suitable for freezing.

[Back to Contents](#)

Fish & Rice Casserole

Ingredients

2 cups of rice
3 or 4 good size fish fillets
2 cups cooked green vegetables
1 tsp fish sauce
4 cups boiling water

Directions to Make

Into a large microwave safe dish place 2 cups of rice and the fish fillets (I usually use the frozen whiting or hake fillets you buy from the supermarket). Then add 4 cups of boiling water and the fish sauce, and cook uncovered in the microwave according to your microwave instructions (in mine, it takes 14 minutes).

Stir at least twice during cooking to break up the fish and ensure an even mix of fish and rice.

When cooked, remove to cool down, and braise the green vegetables in the microwave. Drain and add to the fish and rice.

Warning - I have tried to freeze this, with little success. Best to cook the amount you need.

[Back to Contents](#)

Mince Like Mum Used to Make

Ingredients

2 cups of rice
4 cups of boiling water
1Kg of beef mince
water
3 dessert spoons of gravy powder (such as Gravox)
2 carrots
2 zucchinis (or courgettes)

Directions to Make

Into a large microwave safe dish place 2 cups of rice and the 4 cups of boiling water, Cook uncovered in the microwave according to your microwave instructions (in mine, it takes 14 minutes on high).

Put the mince into a large saucepan, and add water. Mash into the mince with a fork until you achieve a sloppy consistency (this becomes a nice gravy during cooking).

Peel the carrots, and slice and chop these and the zucchinis into small pieces (I usually cut them into quarters). Add to the mince and water and place on the stove.

Bring to the boil, and boil, covered, for 30 to 40 minutes (until the mince and vegetables are cooked). Add the gravy powder and cook for another 5 minutes.

When cooked, remove and add the rice.

Allow to cool before serving.

[Back to Contents](#)

Diet Beef Mash

Ingredients

Equal parts:

Beef (forequarter is good)

Mashed potato

Rice

(so for a 15kg dog, portion sizes would be 150g of each)

Directions to Make

Boil the meat for about 30 minutes (depending on the quality of the meat - it should be slightly tough - not overcooked). Cut into smaller pieces suitable for your dog.

Boil the rice (use 1/3rd rice to 2/3rd water) for 10 - 12 minutes.

Boil the potatoes, drain (retain the water) and mash to a fairly thin consistency (only use the boiled water to thin out - not milk or cream).

Mix all three together and serve warm.

Note: this is a meal for dogs on a diet. It has a reduced protein, fat, carbohydrate and calorie content and is recommended for sick, old or obese dogs. If you wish, you can also add some root vegetables to the dish.

[Back to Contents](#)

Tuna Casserole

Ingredients

250g (8oz) dry pasta
300g (9oz) can of tuna in oil, drained
2 tbsp chopped parsley (fresh or dry)
1tbs brewers yeast
3½ tbsp butter
2 cups milk
½ cup grated parmesan cheese
3 tbsp plain flour

Directions to Make

Preheat the oven to 180C (350F). Spray or oil an 8" casserole dish.

Cook pasta in rapidly boiling water until tender (usually 10 - 12 minutes). Drain and add to casserole dish.

Make a white sauce by melting the butter in a saucepan over a low heat. Take off the heat and mix in the flour until it forms a thin paste. Return to the low heat and cook for 1-2 minutes. Again remove from the heat, and add the milk a little at a time. Return to the stove and increase heat to medium. Bring to the boil stirring continuously. As soon as small bubbles start to form on the sauce, reduce the heat. Allow the sauce to thicken. Add the parmesan and heat through until melted.

Add the tuna, parsley and yeast to the pasta in the casserole dish and mix slightly. Then pour over the white sauce.

Bake for 30 - 40 minutes. Cool and serve (makes 4 portions).

[Back to Contents](#)

Beef & Greens Pasta

Dogs love eating what you eat, and this pasta is good enough for humans. One tip - I recommend using seashell shaped pasta for this, but you can use any pasta that will hold the sauce. Just make sure the size of the pasta is appropriate to your dog!

Ingredients

500g (or 1lb) blade or chuck steak, cut into bite sized pieces
1½ cups chopped green vegetables (zucchini, beans, peas, broccoli)
1 cup dry seashell pasta
2 tbsp olive oil
1 can chopped tomatoes
1 tbsp tomato paste
2 tbsp brewers yeast

Directions to Make

Cook the pasta in boiling water until al dente.

In a large saucepan, cook the beef in the olive oil until medium rare (about 10 minutes). Then add the vegetables and cook for another 5 minutes.

Now add the tinned tomatoes and tomato paste and bring to the boil. Cover and simmer for a further 10 minutes, stirring occasionally.

Remove from the heat, add the pasta and yeast and stir through. Allow to cool to room temperature before serving.

[Back to Contents](#)

Christmas Treats

Ingredients

1 cup wholemeal flour
1/2 cup grated cheese
1/2 cup cooked frozen vegetables (such as peas, carrots, or corn)
1/2 cup margarine or butter, melted
small amount of water

Directions to Make

Mix together the flour, cooked vegetables, cheese and melted butter (or marg). If it is too stiff, add a little water until you have a dough like consistency.

Pop this in the fridge to chill for an hour or two. Then remove from the fridge and place on a floured work surface.

Roll out to about half an inch thick. Use seasonal cookie cutters to cut out Christmas shapes. Place these on a greased baking tray. Cook at 185C / 375F for 15 to 20 minutes, or until golden brown.

Cool completely before placing in an airtight container.

Note: you can make more biscuits by doubling the ingredients, however these biscuits do not keep for as long as traditional dog biscuits (due to the cooked vegetables).

[Back to Contents](#)