



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 chicken thighs, chicken gizzards, chicken livers, carrots, and spinach to the Instant Pot. Use the "Sautee" setting at 7 min with the lid removed to begin browning the protein and stirring to break up larger chunks of meat. After 7 min 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 the addition of water. Use pressure cook setting on high for 5 min. Once timer sounds 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. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oil 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 chicken thighs, chicken gizzards, chicken livers, carrots, and spinach to the slow cooker along with 1/2 cup of water. Place setting to 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 1/2 cups of water, on high heat for 1 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. 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.