

# Canine Portabella Beef Stroganoff



Ingredient	Amount
Ground Beef, 10% fat/90% lean	10 ounces – raw weight
Egg noodles, dry/precooked	4 ounces
Portabella mushrooms, chopped	1 cup
Fat free sour cream	2 tablespoons
Canola/corn/ or hemp oil	1 teaspoon
Morton lite salt mixture	1 teaspoon
GNC Teen for boys	1 ½ tablets
NOW® Bone Meal Powder	2 teaspoons
Choline (500 mg)	½ tablet

This recipe is designed to feed healthy, adult dogs and makes approximately 1000 calories. Follow the chart below to estimate the number of day's worth of food the above recipe will make for your dog. Each animal's required caloric intake is unique and is based on activity levels and metabolic rate, so you may need to adjust this daily amount to achieve optimal body weight. We recommend weighing your dog 2 weeks after starting the diet to make sure they maintain optimal body weight.

Weight of Dog in Pounds	Daily Calorie Requirements (Life stage factor 1.4)	Approximate Number of Days in Each Batch
5	181	5 ½ days
10	305	3 days
20	513	2 days
30	695	1 ½ days
40	863	1 day
60	1170	DOUBLE recipe for 1 ½ days
80	1450	TRIPLE recipe for 2 days

## Preparation:

Brown the ground beef in a pan until cooked and keep any juices or drippings collected in the pan and add to the diet. Cook the pasta according to manufacturer's instructions without using any added flavoring or seasonings. Mushrooms may be steamed or added raw to the diet.

Combine the meat, pasta, mushrooms, sour cream, oil, and lite salt. After the meat mixture has cooled to the touch, add the NOW® bone meal powder, Teen vitamin, and choline and mix with the other ingredients. Adding vitamins to a hot mixture can inactivate some of the ingredients.

You can double or triple the recipe as needed to decrease the frequency of cooking. If you cook large batches, place each daily portion in a separate freezer container or ziplock bag and freeze. Move one container from the freezer to the refrigerator each evening for the next day. Keeping the food frozen will help maintain freshness and palatability.

Homemade diets can be used the long term feeding of your pet; however, any substitutions in the recipe above could change the balance of the diet. You should not change the components of the diet or you may affect your pet's long-term health. Gradually switch over this new diet with your pet's old diet over 4-7 days.

### Supplements:

Most supplements in this recipe can be obtained at your local grocery store. The choline and NOW® bone meal can be purchased online at Amazon.com.



This recipe is formulated to meet either AAFCO or the National Research Council's daily nutrient recommendations for healthy, adult dogs.