

# Homemade Dog Food with Vegetable

Healthy homemade dog food recipe with turkey, vegetables, and rice. Vet-approved nutrition with storage tips for your furry friend's wellbeing.

10 min

PREP

45 min

COOK

55 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Homemade Dog Food with Vegetable

## Ingredients

- 1 cup rice
- 1 tbsp olive oil
- 3 cup spinach
- 2 carrot
- 1 zucchini
- 0.5 cup pea
- 2 lb turkey

## Instructions

- 1 Prepare the Rice**

Rinse 1 cup brown rice under cold running water until the water runs clear. Bring 3 cups water to a boil in a medium saucepan over high heat.
- 2** Add the rinsed rice to the boiling water, reduce heat to low, and cover with a tight-fitting lid. Simmer for 45 minutes without lifting the lid.
- 3** Remove rice from heat and let stand covered for 10 minutes. Fluff with a fork and set aside to cool completely to room temperature, about 30 minutes.
- 4 Prepare the Vegetables**

Wash and finely chop 2 cups fresh spinach leaves into small pieces. Peel and grate 1 large carrot using the large holes of a box grater.
- 5** Dice 1/2 cup zucchini into small 1/4-inch cubes, removing any large seeds. If using frozen peas, thaw them completely and drain any excess water.
- 6 Cook the Turkey**

Heat 1 tablespoon olive oil in a large skillet or pot over medium heat (160°C/325°F). Add 2 pounds ground turkey and cook for 6-8 minutes, breaking it apart with a wooden spoon until no pink remains and internal temperature reaches 74°C (165°F).
- 7 Add Vegetables**

Add the chopped spinach, grated carrot, diced zucchini, and 1/2 cup peas to the cooked turkey. Stir well and cook for 3-4 minutes until spinach wilts and vegetables begin to soften.

## 8 **Combine and Finish**

Add the cooled brown rice to the turkey and vegetable mixture. Stir thoroughly to distribute all ingredients evenly and cook for 2-3 minutes until heated through.

## 9 **Cool and Store**

Remove from heat and let cool completely to room temperature, about 45 minutes. Divide into portion-sized containers and refrigerate for up to 5 days or freeze for up to 3 months.

## Tips

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Always consult your veterinarian before transitioning to homemade dog food, especially for puppies, senior dogs, or dogs with health conditions.

Cook all meat thoroughly to eliminate harmful bacteria like Salmonella - never feed raw or undercooked meat to dogs.

Chop or puree vegetables finely to prevent choking and improve digestibility, as dogs cannot break down plant cell walls as effectively as humans.

Let the food cool completely before serving to prevent burns and preserve nutrients that can be damaged by excessive heat.

Freeze portions in ice cube trays for easy single-serving portions, especially helpful for smaller dogs or training treats.

Introduce homemade food gradually over 7-10 days, mixing increasing amounts with your dog's current food to avoid digestive upset.

Use a kitchen scale to ensure consistent portion sizes and maintain your dog's ideal weight.

Keep a food diary to track your dog's response to the homemade diet, noting energy levels, coat condition, and any digestive changes.