

# Homemade Dog Food Recipe (With a Pressure Cooker)

1hr prep and cook time

Makes 42 cups – fills 3 of these containers (1 stays in fridge, the other 2 go in freezer – defrost 24 hours before needed on counter):

[https://www.amazon.com/gp/product/B0828QDTZB/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&th=1](https://www.amazon.com/gp/product/B0828QDTZB/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&th=1)

All the ingredients cost about \$55 and lasts us 2 weeks. This comes out to be about \$4/day.

## Ingredients (all organic)

- 4 lbs ground beef (100% grass fed) - you can also do ground turkey or chicken
- 1 lb organ meat (either chicken or beef liver or heart) – if you cant get this, then do another pound of ground beef
- 1 dozen eggs
- 7 sweet potatoes (roughly cubed)
- 7 large carrots (roughly chopped)
- 1 celery bulk (roughly chopped)
- 1 bag of brussels sprouts (roughly chopped)
- ½ head of cabbage (roughly chopped)

## Instructions

1. Hard boil the eggs in a pressure cooker. I put all 12 eggs in at once, cover with water and pressure cook on high for 1 minute. Let off steam as soon as it's done, pour out hot water, put eggs in a bowl of cold water and set aside.
2. Cook sweet potatoes in pressure cooker – fill with chopped potatoes to the fill line, put in about 3 cups of water, cook on low pressure for 1 minute. Let off steam as soon as it's done, strain and set aside to cool. **Quick Tip:** I usually chop the potatoes while the eggs are in the pressure cooker to save time.
3. Cook carrots, celery, brussels, and cabbage in pressure cooker - fill chopped veggies to the fill line, put in about 3 cups of water, cook on low pressure for 1 minute. Let off steam as soon as it's done, strain and set aside to cool. **Quick Tip:** I usually chop veggies while the potatoes are in the pressure cooker to save time.
4. Cook ground beef and organ meat in iron skillet on stove. **Quick Tip:** I usually cook the meat while the veggies are in the pressure cooker.
5. Once the eggs are cool, peel shells off. Mash eggs with a potato masher.
6. Once everything is cooked and cooled, scoop a little bit of each food group into the large storage containers at a time, so you get an even mix of everything.
7. Keep one container in the fridge and freeze the rest!