

Ev Yap?m? Sebzeli K?pek Mamas?

Easy homemade vegetable dog food recipe with turkey, rice, and safe vegetables. Nutritious, vet-approved ingredients for healthy pets.

10	45	55	4	Easy
HAZIRLIK DK	Pİ?İRME DK	TOPLAM DK	PORSİYON	ZORLUK

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Malzemeler

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

Yap?l???

- Prepare the rice**

Rinse 1.5 cups rice under cold running water until water runs clear. Combine rice with 3 cups water in a medium saucepan and bring to a boil over high heat.
- Reduce heat to low, cover, and simmer for 18-20 minutes until rice is tender and water is absorbed. Remove from heat and let stand covered for 5 minutes, then fluff with a fork and set aside to cool.**
- Prepare the vegetables**

Wash and finely chop 2 cups fresh spinach into small pieces. Peel and grate 1 large carrot into fine shreds. Dice 0.5 cup zucchini into small 1/4-inch pieces.
- Cook the turkey**

Heat 1 tablespoon olive oil in a large skillet over medium heat (165°C/325°F). Add 1 kg ground turkey and cook for 6-8 minutes, breaking it apart with a spoon, until meat is completely browned and cooked through with no pink remaining.
- Add the vegetables**

Add chopped spinach, grated carrot, and diced zucchini to the cooked turkey. Stir well and cook for 4-5 minutes until spinach is wilted and vegetables are tender.
- Combine and finish**

Add the cooled rice to the turkey and vegetable mixture. Stir thoroughly to combine all ingredients evenly and cook for 2 minutes to heat through.
- Cool and serve**

Remove from heat and transfer to a large bowl. Allow to cool completely to room temperature, about 30-40 minutes, before serving to

your dog.

?puçlar?

Always consult your veterinarian before introducing new homemade foods to your pet's diet.

Cook all meat thoroughly to eliminate harmful bacteria - never serve raw or undercooked meat to dogs.

Chop vegetables into small pieces or puree them to prevent choking and aid digestion.

Allow the food to cool completely before serving to prevent burns and preserve nutrients.

Start with small portions when transitioning to homemade food to avoid digestive upset.

Monitor your dog for any allergic reactions when introducing new ingredients.

Store portions in freezer-safe containers and label with dates for easy meal planning.

Avoid adding salt, garlic, onions, or other seasonings that can be harmful to dogs.