



# LAMB & BROWN RICE

Recipe, Cooking Instructions & Feeding Guideline

## LARGE BATCH

*Makes approximately 13 lbs*

- 4 lbs Ground Lamb**  
85% lean/15% fat
- 5 oz Lamb Liver**  
Diced or ground
- 2 lbs 4 oz Long-Grain Brown Rice**
- 16 oz Cauliflower**  
Finely chopped
- 16 oz Carrots**  
Finely chopped
- 4 oz Spinach**  
Finely chopped
- 2 oz Blueberries**  
Fresh or frozen
- 4 tsp Sunflower Oil**
- 2 tsp JustFoodForDogs Omega Oil**
- 2½ tbsps JustFoodForDogs Lamb & Brown Rice DIY Nutrient Blend**

## SMALL BATCH

*Makes approximately 6½ lbs*

- 2 lbs Ground Lamb**  
85% lean/15% fat
- 2½ oz Lamb Liver**  
Diced or ground
- 1 lb 2 oz Long-Grain Brown Rice**
- 8 oz Cauliflower**  
Finely chopped
- 8 oz Carrots**  
Finely chopped
- 2 oz Spinach**  
Finely chopped
- 1 oz Blueberries**  
Fresh or frozen
- 2 tsp Sunflower Oil**
- 1 tsp JustFoodForDogs Omega Oil**
- 3¾ tsp JustFoodForDogs Lamb & Brown Rice DIY Nutrient Blend**

*All weights indicated are raw or dry weight.*

## PREPARATION

1. Wash all fruits and vegetables thoroughly. Use fresh vegetables whenever possible, but if one or two items are purchased frozen (may add as is), make sure there are no added ingredients such as salt or sugar.

## COOKING

1. In a nonstick skillet, brown lamb and lamb liver over medium-high heat, stirring frequently. Add cauliflower, carrots, spinach and blueberries while lamb is slightly pink. Continue to cook until lamb is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Cook brown rice according to package directions. Let cool.
3. In a large mixing bowl, combine all ingredients, including the sunflower and Omega oils. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
4. Portion into individual serving sizes and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh for up to 4 days. In the freezer, it can be stored for up to 3 months.

## QUICK FEEDING GUIDE

Dog Size & Weight	Daily Amount	Days of Supply Full Recipe	Days of Supply Half Recipe
<b>Extra Small</b> 5 - 10 lbs	$\frac{3}{4}$ - 1 cup 3 $\frac{1}{2}$ - 6 oz	34 - 59	17 - 29
<b>Small</b> 11 - 20 lbs	1 - 1 $\frac{1}{4}$ cups 6 - 10 oz	20 - 34	10 - 17
<b>Medium</b> 21 - 40 lbs	1 $\frac{1}{4}$ - 2 $\frac{3}{4}$ cups 10 - 16 $\frac{1}{2}$ oz	12 - 20	6 - 10
<b>Large</b> 41 - 60 lbs	2 $\frac{3}{4}$ - 3 $\frac{3}{4}$ cups 16 $\frac{1}{2}$ - 22 oz	9 - 12	4 - 6
<b>Extra Large</b> 61 - 80 lbs	3 $\frac{3}{4}$ - 4 $\frac{1}{2}$ cups 22 - 27 $\frac{1}{2}$ oz	7 - 9	3 - 4

# LAMB & BROWN RICE

Cooking Instructions for Instant Pot



## PREPARATION

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
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.

## COOKING

1. Add lamb, lamb liver, carrots, cauliflower and spinach to the Instant Pot. Use the "Saute" setting at 5 minutes with the lid removed to begin browning the lamb. Stir in order to break up the larger chunks of meat. After 5 minutes, turn off Instant Pot.
2. Add brown rice and blueberries to the pot along with 1½ cups of water. To avoid a "Burn Error," be sure to mix well and scrape the bottom of the pot after adding water. Use the "Pressure Cook" setting on "High" for 15 minutes. Once the timer goes off, allow food to simmer for 5 minutes, to soften the rice, before releasing the pressure.
3. Check to ensure ingredients are cooked thoroughly (soft to the touch).
4. Once all ingredients are cooked, allow food to cool.
5. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Lamb & Brown Rice DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
6. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for 3-5 days and up to one year in the freezer.

# LAMB & BROWN RICE

Cooking Instructions for Slow Cooker



## PREPARATION

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
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.

## COOKING

1. Add lamb, lamb liver, carrots, cauliflower and spinach to the slow cooker along with  $\frac{1}{2}$  cup of water.
2. Set cooker to high heat for approximately 2 hours, occasionally stirring to break up the lamb.
3. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
4. Add brown rice and blueberries along with another  $\frac{1}{2}$  cups of water. Cook on high heat for an additional 1 to  $1\frac{1}{2}$  hours, and check periodically to ensure the rice does not stick.
5. Check to ensure ingredients are cooked thoroughly (soft to the touch).
6. Once all the ingredients are cooked, allow the food to cool.
7. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Lamb & Brown Rice DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
8. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for 3-5 days and up to one year in the freezer.