



Feeding a balanced, healthy homemade dog food is the best option in many aspects.

Few reasons to make your dog's food at home,

- **You know exactly what is in your pet's food**
- **You can use organic, all natural ingredients if you want**
- **You can avoid allergenic ingredients**
- **You can add supplements to ensure a balanced meal**

Still most dog owners hesitate to make dog food at their home because they find it hard to come up with balanced, healthy and easy-to-prepare homemade dog food recipe.

Here's **9 homemade dog food recipes** that are not only healthy for your dog but also very **simple and easy to prepare**.

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# #RECIPE 1- Damn Delicious' Ground Turkey Recipe



I can say this is the easiest, most simple recipe in the list. It also won't consume much time!

Now this recipe here has a balance of 50% protein, 25% veggies and 25% grains, but the ratios can easily be adjusted to suit your pup's breed and/or needs.

## INGREDIENTS:

- 1 1/2 cups brown rice
- 1 tablespoon olive oil
- 3 pounds ground turkey
- 3 cups baby spinach, chopped
- 2 carrots, shredded
- 1 zucchini, shredded
- 1/2 cup peas, canned or frozen

## DIRECTIONS:

1. In a large saucepan of 3 cups water, cook rice according to package instructions; set aside.
2. Heat olive oil in a large stockpot or Dutch oven over medium heat. Add ground turkey and cook until browned, about 3-5 minutes, making sure to crumble the turkey as it cooks.
3. Stir in spinach, carrots, zucchini, peas and brown rice until the spinach has wilted and the mixture is heated through, about 3-5 minutes.
4. Let cool completely.

That's it!

- **Tips-**you can switch the peas with yellow squash, white rice with brown if your pup/dog has tummy issues.

## #RECIPE 2-Meat Balls



### INGREDIENTS:

- 10 lbs ground beef (lean)
- 3 slices of bread, cubed small
- 2 cups of oat bran
- 4 eggs
- 3 cans pumpkin puree
- Some salt
- 4 carrots, boiled/steamed and mashed
- Flour
- Leaves of 4 kale stalk chopped finely

### DIRECTIONS:

- Put all ingredients in a large bowl. Mix them all together and form them into any size of balls you'd like.
- Dredge the balls lightly in the flour, shaking off any excess.
- Put them in 400 degree oven until done. Bake time will depend on the size of your

balls; usually mine only take about 25 min. (Mine are about the size of a muscadine or those donut holes)

Beyond the meatball styling, this recipe is great for it's use of pumpkin (a stool softener, important for any **seniors**) and [oat bran](#) (fiber, which helps with a **healthy digestive system**).

**DID YOU KNOW THE ONE PLACE DOG OWNERS GO FOR EVERYTHING THEY NEED FOR THEIR PET-FROM FOOD,GEARS,TOYS TO CUSTOM GIFTS, PET GROOMING AND ALSO FREE TRAINING!CLICK HERE TO CHECK OUT.**

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## #RECIPE 3-Meatloaf



### INGREDIENTS:

- 1 lbs. lean ground beef
- 1 ½ cups grated mixed vegetables (use your dog's favorite veggies – Amy used broccoli, carrots and apple)
- 2 eggs
- ½ cup cottage cheese
- 1 ½ cups rolled oats

### DIRECTIONS:

- Preheat oven to 350 degrees F.
- Hand-mix all ingredients in a bowl until combined thoroughly. Press evenly into a [loaf pan](#).
- Bake for 40 minutes.
- Refrigerate or freeze in slices for easy serving.



## #RECIPE 4- Turkey & Veggie Dog Food Recipe



### ***TURKEY & VEGGIE DOG FOOD RECIPE***

#### INGREDIENTS:

- 2 pounds lean ground turkey
- 2 tablespoons chicken liver, finely diced or pureed, optional
- 2 medium carrots, coarsely chopped
- 1 cup green beans, diced
- 1 cup cauliflower florets
- 2 tablespoons extra-virgin olive oil

#### DIRECTIONS:

1. **Add** 1 1/2 cups water to a [double boiler](#), **place** vegetables in a steam basket over the pot and cover. **Heat until** boiling, reduce heat to a low-boil and steam until veggies are tender, about *10 minutes*.
2. In the meantime, **add** the turkey and liver to a large skillet and cook on medium-high heat until done. **Drain off any fat** and discard. Chop veggies or pulse in a food processor. Add veggies to cooked turkey.
3. **Add the olive oil** and toss with turkey & veggie mixture. Allow to cool before dividing into freezer safe containers.

**NOTE:** [Freezer-safe bags](#) are great for freezing individual meals. Before tossing them into the freezer, make sure to label each bag with the date of preparation and name of the meal.

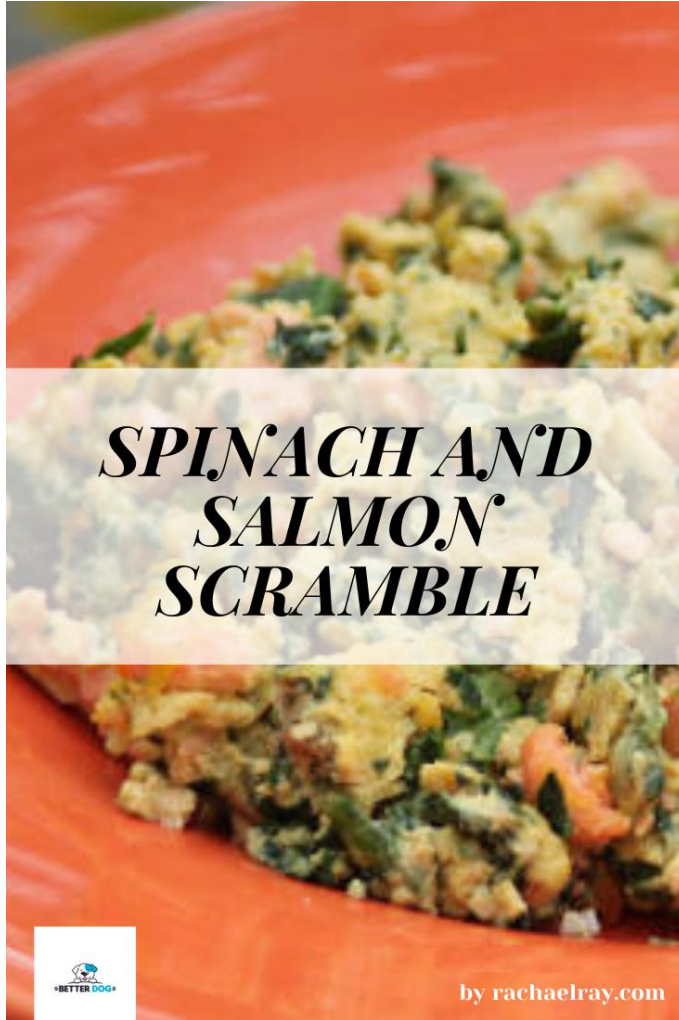
Check with your vet regarding how much to feed your dog on a daily basis. (Usually the same amount you feed kibbles.)

Always **allow** time to **defrost** each meal in the refrigerator the night before serving.

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# #RECIPE 5-Spinach-and-Salmon Scramble

You can get this done **under 10 minutes** and serve your dog. Time Saver!



## INGREDIENTS:

- 1 teaspoon [extra virgin olive oil](#) (EVOO)
- 1/2 can skinless, boneless salmon (3 ounces), drained
- 1/2 cup frozen chopped spinach, thawed and drained
- 2 eggs

## DIRECTIONS:

- In a small nonstick skillet, heat the EVOO over medium heat.
- Add the spinach and salmon and cook until heated through.
- Add the eggs and stir continuously until cooked through, about 2 minutes.
- Let cool slightly and serve in a dog bowl.

## #RECIPE 6-Healthy and Homemade Woof Loaf



### INGREDIENTS:

- 1 POUND LEAN GROUND TURKEY
- 2 EGGS
- 3 HARD-BOILED EGGS
- 1/2 CUP OATS
- 1/2 CUP CHOPPED CARROTS
- 1/2 CUP PEAS

### DIRECTIONS:

- **Preheat** your **oven** to 350°F. In a bowl, **mix** together the lean ground turkey, chopped carrots, and peas.
- **Add** the oats and eggs. Mix until the loaf mixture comes together. Lightly grease a loaf pan with olive oil and then add half the mixture to the pan.

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- Place the three hard-boiled eggs along the center of the loaf and then cover with the other half of the ground turkey mixture. Pop in the oven and bake for 45 minutes.
- Cut a half-inch slice from the cooled loaf and offer it to your pet.

*Oats* help your pet's **coat shine**, and *eggs* offer **extra protein**.

## #RECIPE 7-Mini Omelettes for Dogs



This healthy recipe is incredibly easy to make and takes only 10 minutes to prepare!

And the recipe is a wonderful source of **protein** and **omega-3 fatty acids** for both you and your dog

### INGREDIENTS:

- 2 organic eggs
- green pepper, diced
- smoked salmon, thinly sliced
- 1 oven-safe ramekin

### DIRECTIONS:

- Lightly grease [ramekin](#) with a small drizzle of olive oil. Crack eggs directly into ramekin.
- Stir thoroughly with a fork until combined.
- Bake at 350 F for 10 to 12 minutes or until

browned on top and cooked completely.

- Allow to **cool and serve**.

**NOTE**-If you are not a fan of green pepper replace with **tomato, or broccoli or shaved smoked ham**.

Egg is cooked all the way through as **uncooked eggs** can cause an **upset stomach** for canines.

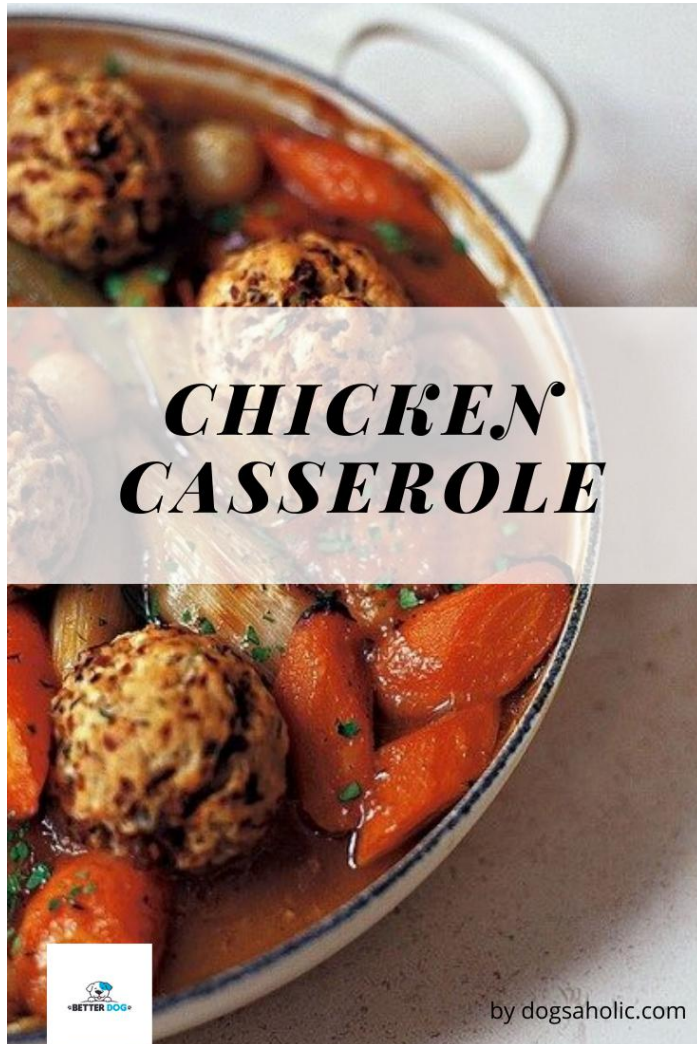
This recipe also makes tasty **bite-sized treats** if you cut it into smaller sizes once cooled.

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# #RECIPE 8-Chicken Casserole

The ingredients are easy to gather and the recipe is also super easy.



## INGREDIENTS:

- 2 chicken breasts
- 2 cups chicken broth
- 1 cup chopped vegetables (carrots, green beans, potatoes, broccoli)
- Oil for frying
- ¼ cup rolled oats

## DIRECTIONS:

1. Start by chopping the chicken breasts into bite size pieces and sauté them in oil until cooked.
2. Add the chicken broth, rolled oats, and chopped vegetables in the pan and simmer from 10 to 15 minutes.

## #RECIPE 9-DIY French Recipe



### INGREDIENTS:

- 3 lbs ground turkey (or any protein)
- 1 cup uncooked millet (or any other whole grain: quinoa, rice, pasta)
- 1 tbs olive oil
- 1 carrot, shredded
- 1 zucchini, shredded
- 1 squash, shredded
- 1 apple, chopped
- 1 tbs calcium powder
- 1/4 cup unsweetened coconut flakes or coconut oil
- 1/2 cup pumpkin puree (canned or homemade)

1. Bring 1 cup of **whole grain** to **boil** in a pot of water. You may overcook it so that it's soft and easily digestible. Drain.
2. While that's boiling, shred/chop the veggies.
3. **Cook** ground turkey with olive oil and

**drain** excess juices.

4. **Mix** everything together! **No** need to cook the **veggies**. The cooked turkey and whole grain will warm them up a bit.

Store in [tupperware](#) or [ziplock](#) bags and freeze! Makes enough for around 2 weeks of meals (Fira weighs 14 lbs).

**TIP-** You can add a few heaping tablespoons of [Digest All](#) probiotic supplement. The same brand makes a supplement called [Canine Complete](#) which also has great reviews and I see it being recommended a lot.

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## Reference

- [Damn Delicious Blog](#)
- [Pet Guide Blog](#)
- [Skinny ms](#)
- [Rachel Ray Blog](#)
- [pawsh-magazine](#)

## More Resources

- ✓ [101 Vet-Approved Homemade Dog Food Recipes](#)
  - ✓ [Home-Prepared Dog & Cat Diets](#) by [Donald R. Strombeck](#)
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