

**All About Pets, Inc., Veterinary Services  
409 Old Buncombe Rd  
Travelers Rest, SC 29690  
864-834-7334**

**Basic Recipes for Dogs  
By Richard Pitcairn, DVM**

**Doggie Oats**

Oats make a good choice for the most frequently used grain in cooking for pets. Not only are they quick cooking, but they contain more protein per calorie than any other common grain. Each grain varies, however, in its amino acid composition and its vitamin and mineral levels, so it's always a good idea to make use of the recommended substitutes in this versatile maintenance recipe for adult dogs. It ranges in protein value from about 22% (fattier meats or tofu with bulgur) to 30% (turkey with oats).

8 cups rolled oats  
2 lbs. (4 cups) raw ground or chopped turkey  
½ cup Healthy Powder\*  
¼ cup vegetable oil  
1 cup vegetables, less if raw, grated (may be omitted occasionally)  
3 Tbs. bone meal (or 5400 – 6000 milligrams calcium or 1 Tbs. eggshell powder)  
10,000 i.u. Vitamin A (none if using carrots)  
400 i.u. Vitamin E  
(optional) 1 tsp. tamari soy sauce or ¼ tsp. iodized salt  
(optional) 1-2 cloves garlic, crushed or minced  
(optional) 15 milligrams iron

Bring 1 gallon (16 cups) of water to a boil. Add the oats, cover and turn off the heat, letting it cook from its residual heat for 10-15 minutes. Then combine with the remaining ingredients and serve.

Yield: about 4500 kilocalories.

Daily ration (in cups); toys- 2/3 – 2 2/3,  
small – 2 2/3 – 5 1/3, medium – 5 1/3 – 7,  
large – 7 – 9 3/4, giant – 9 3/4 – 14 2/3.

Grain substitutes: Instead of oats you may use 4 cups of bulgur (+8 –12 cups water). Only if you're using poultry or lean cuts of beef you may also use these lower protein grains: 4 cups millet (+3 quarts water); 3 cups brown rice (+6 cups water); 4 cups cornmeal (+1 gallon water); 4 cups barley (+2-3 quarts water). Meat substitutes: chicken, hamburger, chuck or beef heart; either lean or medium grades are OK, but not too fatty. You may occasionally substitute either of the following for the meat: (with oats or bulgur only) 2 pints cottage cheese plus 4 eggs; (with oats only) or 32 ounces of tofu plus 8 eggs. Add the eggs while the grain is still hot so they'll set slightly and give the best texture. The higher protein grains are necessary to provide adequate amounts of protein.

### Mini-Doggie Oats

For your convenience, here is the same recipe cut by ¼ for smaller dogs. Note that amounts are given for cooked, leftover grains,

2 cups rolled oats (+4 cups water= 4 cups cooked)  
½ lb. (1 cup) ground or chopped meat (see above)  
1 Tbs. Healthy Powder\*  
1 Tbs. vegetable oil  
1/4 cup vegetables  
2,500 i.u. Vitamin A  
100 i.u. Vitamin E  
(optional) ¼ tsp. tamari soy sauce or dash of iodized salt  
(optional) 1 small clove garlic, crushed or minced  
(optional) 5 milligrams iron

Yield: 1125 Kilocalories. Feed same amount as for Doggie Oats.

Grain substitutes: 1 cup bulgur (+2 cups water = 2 ½ cups cooked). With lean meats only: 1 – ½ cups cornmeal (+6 cups water = 6 cups cooked); 1 cup millet (+3 cups water = 3 cups cooked); 1 cup barley (+2 – 3 cups water = 2 ½ - 3 cups cooked); 5 cups boiled potatoes.

Meat substitutes: With oats only: 8 oz tofu plus 2 eggs.

### One-on-One

Now here's a truly inspired recipe, easy to remember as easy to multiply, because it uses exactly one unit of each ingredient! It is also economical and earth friendly, deriving part of its protein from beans. The protein levels vary from 22.2% (using beef heart) to 23.2 % (main version) up to 28.5% (using turkey with oats). The calcium: phosphorus ratio is consistently excellent throughout the many variations. If you want to boost protein content about 1%, you may add one (what else?) egg or 1 Tbs. of nutritional yeast.

The key to convenience in this recipe is to cook large quantities of beans in advance. Follow the directions on the package. Freeze extra quantities in 1 cup units (or appropriate multiples if you increase the recipe) and thaw as needed. The main version uses rice because it co-ordinates well with many peoples own menus, but the other grain choices are higher-protein and for the most part, faster-cooking.

1 cup (= ½ lb.) lean hamburger (or turkey, chicken, lean heart, or lean chuck)  
1 cup brown rice (or 2 ½ cups, cooked)  
1 cup cooked kidney beans (= ½ of a 15 oz can)  
1 Tbs. Healthy Powder\*  
1 Tbs. vegetable oil  
1 Tbs. bone meal (or 1600 milligrams calcium 1 scant tsp. eggshell powder)  
1 5,000 i.u. Vitamin A & D capsule  
(optional) 1 tsp. of soy sauce or dash of iodized salt  
(optional) 1 small clove garlic, crushed or minced  
(optional) 10 milligrams iron

Bring 2 cups of water to boil for every cup of rice. Add rice and simmer 35-45 minutes. Mix ingredients and serve.

Yield: 1609 kilocalories. Daily ration (in cups); toys- 1/3 – 1 2/3, small- 1 2/3 – 3 1/4, medium- 3 1/4 – 4, large- 4 – 5 3/4, giant- 5 3/4 – 8

Grain substitutes: (in order of greatest resulting protein value of which are greater than the main rice version) 2 cups rolled oats (+4 cups water = 4 cups cooked); 1 cup bulgur (+2 cups water = 2 ½ cups cooked); 1 cup millet (+3 cups water = 3 cups cooked); 1 ½ cups cornmeal (+6 cups water = 6 cups cooked); or 1 cup barley +2 – 3 cups water = 2 ½ - 3 cups cooked).

Bean substitutes: You may use one cup, cooked, of soybeans, pintos, black beans, or white (navy) beans. Soybeans have the most protein.

### Dog Loaf

This recipe uses egg as a binder, so that you can either serve raw or bake it with bread crumbs or other grains like a meatloaf. It ranges between 24 – 30% protein, depending on which meat and grain you use. The egg provides adequate Vitamin A, along with the vegetables.

¼ lb. (1/2 cup) fairly lean beef heart  
6 slices whole wheat bread, crumbled (about 3 cups)  
1 cup whole milk  
2 large eggs  
¼ cup corn or other vegetables (OK to omit occasionally)  
1 Tbs. Healthy Powder\*  
1 ½ tsp. bone meal (or 1000 milligrams calcium or ½ + 2 tsp. eggshell powder)  
100 i.u. Vitamin E  
(optional) ¼ tsp. soy sauce or dash of iodized salt  
(optional) 1 small clove garlic, crushed or minced  
(optional) 10 milligrams iron

Combine all ingredients, adding more water if needed to make a nice texture. Serve raw. Or else press into a casserole dish so it's 1 –2" thick and bake at 250 degrees until set and light browned (20 –30 minutes). If you're using a moist grain and not baking it, you may wish to serve the milk separately rather than combine it in the mix. Alternatively, you could just mix ¼ cup powdered milk into the recipe.

Yield: 1104 kilocalories. Daily Ration: About the same as for Doggie Oats, above.

Grain substitution: 1 ¼ cups oats (+2 ½ cups water = 2 ½ cups oatmeal) or ½ cup bulgar (+1 cup water = 1 ¼ cups cooked). With lean meats only: ¾ cups cornmeal (+3 cups water = 3 cups cooked); ½ cup millet (+1 ½ cups water = 1 ½ cups cooked); ½ cup barley (+ 1 ½ cups water = 1 ½ cups cooked); 2 ½ cups boiled potatoes.

### Fast and Fresh: Dogs

Here are three really simple recipes for those inevitable occasions when you've got an eager customer nudging at you and you suddenly discover that you're all out of either home-prepared or commercial dog food. They're not meant to serve as the regular fare, but they do provide a fairly complete meal with basic items you're likely to have on hand and are fine to feed up to two or three times a week.

Note: You may also use any of the "fast and fresh" cat recipes for dogs. They're higher in protein than necessary but that's fine, unless your dog requires a low-protein diet due to old age and kidney problems.

### **Quick Canine Oats & Eggs**

1 cup raw rolled oats (= about 2 cups cooked oatmeal)

3 eggs

1 tsp. bone meal (or 600 – 700 milligrams calcium or 1/3 eggshell powder)

Use extra oatmeal from your own breakfast or else make some up: Bring 2 cups of water to a boil. Add the raw oats, and turn off heat, letting it cook from its residual heat about 10 minutes. Then stir in eggs and bone meal. Let the eggs set slightly from the heat and give it a few minutes to cool down before serving. You may mix in a little nutritional yeast or Healthy Powder\* if you have some.

Yield: 561 kilo calories, or one meal (half a day's rations for a 40 pound dog or about a day's ration for a very small dog. Double amounts make breakfast for a large dog.

Grain substitution: ½ cup bulgur (+1 cup water = 1 ¼ cups cooked) or ½ cup whole wheat couscous (+¾ cup water = 1 ¼ cups cooked).

### **Quick Canine Oatmeal**

¾ cup rolled oats (or 1 ½ cups cooked oatmeal)

¾ tsp. bone meal (or 300 – 350 milligrams calcium or scant ¼ tsp. powdered eggshell)

1 cup 2% milk

1 egg

either use extra oatmeal from your own breakfast or bring 1 ½ cups of water to a boil. Add the raw oats, cover and turn off heat, letting it sit for 10 – 15 minutes or until it's done and top with milk. Serve the egg by itself, stirring slightly to the bone meal and top with milk. Serve the egg by itself, stirring slightly to the yolk and white. (May be topped with yeast or Healthy Powder\*).

Yield: 441 kilo calories. Makes one meal (half a day's ration for a 25 lb. dog.) Double to make breakfast for a 65 lb. dog.

### **Quick Canine Hash**

1 cup bulgur or whole wheat couscous (= 2 ½ cups cooked)

1 cup (= ½ lb.) chuck, hamburger, turkey, or chicken

1 ½ tsp. bone meal (or 1200 milligrams calcium or ¾ tsp. eggshell powder)

Bring 2 cups water to a boil, add the bulgur, cover and simmer 10 – 20 minutes. (with couscous use 1 ½ cups water and cook for 3 – 5 minutes). Add the meat and bone meal and serve. You may sprinkle a little nutritional yeast or Healthy Powder\* on if you have some.

Yield: 1202 kilo calories. Feed same as for One-to-One.

Grain substitutes: 1 ½ cup rolled oats (3 cups cooked) with poultry or other lean meats only: 1 cup millet (+3 cups water = 3 cups cooked): or 1 cup brown rice (+ 2 cups water = 2 cups cooked).

\*Healthy Powder: Combine 2 c. nutritional yeast, 1 c. lecithin granules, ¼ c. kelp or alfalfa powder and ¼ cup bone meal (or 9000 mg. Calcium or 5 tsp. eggshell powder). Optional 1000 mg. Vitamin C (= ¼ tsp. sodium ascorbate) and 1 tsp. garlic powder. Refrigerate.

Yeast substitution: Omit the yeast, reduce the bone meal to 5 tsp. or calcium to 3200 mg. Add a complete cat multi – vitamin mineral supplement daily as recommended on the label.

Kelp substitution: 2 c. rolled oats (+4 c. water = 4 c. oatmeal) or 10 slices whole wheat bread or 4 c. cooked and mashed potatoes or 1 c. (dry) of any of the following: bulgur, millet, buckwheat, barley, brown rice, couscous, amaranth, spelt, quinoa.

Daily ration: in cups: Small – ½ - ¾, medium – ¾ - 1, large – 1 ¼ - 2.