

Lentil, Rice and Sunflower Dog Chow

Ingredients:

- 1 lb. lentils
- 1 lb. brown rice
- ½ lb raw sunflower seeds
- 2-3 cups of raw veggies (carrots, kale, celery, beets, cabbage, spinach, asparagus etc. Don't use onions or garlic they can be toxic in large quantities.)
- 2/3 cup canola or flax seed oil
- ½ to 1 cup nutritional yeast

Directions:

Put the lentils and rice in a container to measure volume and then into a large pot with all other ingredients. Add twice the volume of the lentils and rice of water to the pot and bring to a boil. Turn down the heat, and allow the food to cook for one hour.

Turn off heat and allow the food to cool in the pot for at least one hour, but preferably two or more hours. Serve to your friend when it is cool.

Store in the refrigerator for up to one week.

You can eat some too!

This recipe is so easy and you can use up veggies and leftovers in the food. Our dogs get so excited at mealtime. They love this food.

We put a couple of additives into our food:

1. Vegedog supplement, we usually add this, but sometimes run out for a little while. No big deal for the pups. We just start adding it again when the stuff comes in the mail.
2. Plant enzyme, we usually have a stock of this, we get it at a local dog store called [Chamas in Hillcrest](#).
3. Sometimes we add probiotics, but it's pretty irregular.