

Beef and Chicken African Stew

This hearty stew uses sweet potatoes—a staple crop of Eastern and Central Africa—as one of its main ingredients. Full of prebiotic, good-for-the-gut fiber, sweet potatoes also contain an abundance of beta-carotene, phenolic compounds, and cancer-fighting antioxidants.

Buttery Brazil nuts—one of nature's richest sources of selenium—aid proper thyroid function, cell growth, and immune response, and a deficiency in selenium can lead to thyroid disease. Humans can eat as few as two Brazil nuts a day and receive all the selenium they need in their diets!

Adult Canine Less Active, Mostly Whole Foods

Yields 5 pounds

48 calories/ounce

32 ounces (2 pounds) ground beef, 90 percent lean

16 ounces (1 pound) ground chicken, 14 percent fat

6 ounces sweet potatoes

6 ounces fresh tomatoes

6 ounces green zucchini or yellow summer squash

5 ounces beef liver

3 ounces raw or canned oysters (or 30 milligrams zinc plus 6 milligrams iron plus 1 gram salt)

2.5 ounces hempseeds, hulled

45 grams wheat germ oil (or 100 IU vitamin E supplement)

7 grams ground ginger

7 grams ground cinnamon

5 grams nutritional yeast

1 raw Brazil nut

10 grams eggshell powder

10 grams bonemeal

1.5 grams kelp powder (containing 700 micrograms of iodine per gram. This is a total of 1,050 micrograms iodine if you choose to use an iodine supplement rather than kelp powder.)

Supplements

- 1,000 IU vitamin D
- 3,000 milligrams choline

1. In a large bowl, mix food ingredients (except eggshell, bonemeal, and kelp powders) together.
2. In a small bowl, mix powders and supplements together, stirring well.
3. Dust $\frac{1}{2}$ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.