

Argentinian Beef with Chimichurri

For over three hundred years, gauchos have let their cattle herds graze on the wild, green grasses of the Pampas, creating more sustainable—and delicious—meat. When it's dinnertime, family chefs top cuts of beef with chimichurri, a sauce made with herbs that's the perfect topper for your animal friend's meals, too. Here, we mix it in with organ meat, salmon, and oysters for a complete and balanced meal your dog can enjoy.

Canine Growth, Whole Foods

Yields 6½ pounds

42 calories/ounce

50 ounces (approximately 3.125 pounds) ground beef, 90 percent lean

6 ounces beef liver

6 ounces cooked salmon

8 large eggs, shelled

3.5 ounces raw sunflower seeds

3 ounces beef spleen (or 36-milligram iron supplement)

3 ounces oysters (or 30-milligram zinc supplement)

11 grams ground cloves

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

5 grams salt

2 grams nutritional yeast

8 ounces winter squash (acorn, carnival, green kabocha, buttercup, or any variety except butternut)

8 ounces summer squash (green or yellow zucchini, luffa, chayote, or others)

2 ounces fresh parsley

15 grams dried oregano

2.5 grams kelp powder (containing 700 micrograms of iodine per gram. This is a total of 1,750 micrograms iodine if you choose to use an iodine supplement instead of kelp powder.)

44 grams bonemeal

1. In a large bowl, mix food ingredients (except kelp and bonemeal) together.
2. In a small bowl, mix powders together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.

Oysters for Zinc: Oysters are a naturally rich source of taurine, vitamin B12, and—crucially here—zinc. Zinc is vital for healthy skin and thyroid and immune health, yet many homemade diets are deficient. Zinc can be found in prey's teeth, testicles, and hair (all great sources of zinc, but also too gross for many folks!). Canned, aquaculture-raised oysters are not only less expensive, but—according to research—contain around 50 percent fewer microplastics than the wild-caught varieties. **If you can't find canned oysters to meet your animal's zinc requirements, substitute with a zinc supplement, which we've suggested in this recipe. 1 ounce of oysters = 10 milligrams of zinc supplement.**