

Beef Bourguignon with Mussels

With tender chunks of beef in a hearty stew of tomatoes, mushrooms, and carrots, Beef Bourguignon is one of the most beloved traditional dishes of France. The human version calls for red wine, but we've substituted beef liver to add a rich, stick-to-the-ribs flavor (and meet copper requirements). Instead of pearl onions (found in the human version but toxic to dogs) we've sprinkled in mussels, a rich source of omega-3s and vitamin D. Vive la France!

Adult Canine, Whole Foods

Yields 5¼ pounds

42 calories/ounce

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

8 large eggs, shelled

6 ounces beef liver

8 ounces mussels (or 6 ounces cooked salmon), or substitute 500 IU vitamin D + 50 milligrams magnesium + 2 grams fish oil with at least 250 milligrams EPA+DHA per gram

5 ounces mushrooms (any type)

5 ounces fresh tomatoes

5 ounces carrots

2 ounces raw sunflower seeds

8 grams ground cloves

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

8 grams dried thyme

8 grams dried parsley

5 grams nutritional yeast

2 grams kelp powder (containing 700 micrograms of iodine per gram of kelp powder. This is a total of 1,400 micrograms iodine if you choose to use an iodine supplement instead of kelp powder.)

15 grams eggshell powder

1. In a large bowl, mix food ingredients (except kelp and eggshell powders) 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.