

Beef Mexican Fiesta

We head to Mexico for a rich dish full of flavor (thanks to cilantro) and prebiotic fiber and vitamin C (thanks to jicama). Also known as a yam bean or “the Mexican turnip,” you can use jicama as part of recipes like this or as a crunchy training treat. Just be sure to peel off the skin, as it can harbor toxic mold.

Adult Canine, Whole Foods

Yields 6 pounds

44 calories/ounce

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

7 large eggs, shelled

10 ounces raw jicama, peeled

6 ounces beef liver

6 ounces canned sardines packed
in water, drained

4 ounces avocado

3 ounces raw sunflower seeds

2 ounces fresh cilantro

15 grams wheat germ oil
(or 50 IU vitamin E supplement)

9 grams ground cloves

8 grams ground cumin

8 grams ground coriander

5 grams nutritional yeast

15 grams eggshell powder

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.)

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

Why Wheat Germ Oil? Vitamin E is essential for skin and coat health, and wheat germ oil is one of nature's easiest ways to rapidly increase systemic vitamin E levels. **If you can't use wheat germ oil in the recipe, you can use a vitamin E supplement instead. Substitute: 15 grams wheat germ oil = 50 IU vitamin E supplement.**