

Bison Kale Hash

We love bison! While it may be harder to find in some grocery stores—and can be pricier than beef—it's low in fat, packed with B vitamins, and has a sweet, earthy flavor. Paired here with kale—which offers the body sulforaphane and indole-3-carbinol, two anticancer compounds that are released when cruciferous vegetables are chewed or chopped—your pet will savor this tasty hash.

Adult Canine, Whole Foods

Yields 6 pounds

40 calories/ounce

50 ounces (3.125 pounds)
ground bison, 90 percent lean
9 large eggs, shelled
9 ounces kale
7 ounces bison liver
5 ounces green beans
5 ounces mushrooms
(any type)
2 ounces raw or canned
oysters (or 15 milligrams zinc
+ 100 milligrams magnesium
supplement)
35 grams wheat germ oil
(or 100 IU vitamin E
supplement)

9 grams dried thyme
9 grams dried oregano
9 grams ground cinnamon
9 grams ground turmeric
9 grams ground fennel
5 grams nutritional yeast
13 grams eggshell powder
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.)

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.