

Bison Schnitzel with Green Beans

Schnitzel is a thin slab of tenderized meat, breaded and fried. We skip the breading and frying here and offer up our bison-based version: light on meaty flavor, yet still tender and juicy. Because of its low-fat content, bison becomes well-done fast, so be sure to keep an eye on it as it cooks—or serve raw.

Adult Canine Less Active, Mostly Whole Foods

Yields 6 pounds

44 calories/ounce

50 ounces (3.125 pounds)
ground bison, 90 percent lean
6 large eggs, shelled
6 ounces bison liver
6 ounces fresh green beans
8 ounces raw or canned
sardines (packed in water,
drained)
5 ounces mushrooms
(any type)
4 ounces raw sunflower seeds
4 ounces fresh tomatoes
3 ounces raw or canned
oysters (or 30 milligrams zinc
supplement + 1 gram salt)

8 grams dried parsley
8 grams ground thyme
8 grams ground ginger
5 grams nutritional yeast
20 grams eggshell powder
2 grams kelp powder
(containing 700 micrograms
of iodine per gram, for a total
of 1,400 micrograms iodine)

Supplement

- 1,500 milligrams choline
1. In a large bowl, mix food ingredients (except eggshell 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.