

# Beef and Chicken Gumbo

Gumbo is the official state food of Louisiana, famous for its blend of celery, peppers, and onions, thickened into a hearty stew using okra. We skip the onions but re-create this Creole classic with a savory mix of beef, chicken, sardines, and veggies. *Laissez les bons temps rouler* (Let the good times roll)!

Adult Canine, Whole Foods  
Yields 7½ pounds  
46 calories/ounce

48 ounces (3 pounds) ground beef, 90 percent lean

16 ounces (1 pound) ground chicken, 14 percent fat

9 large eggs, shelled

8 ounces fresh or canned sardines (packed in water, drained)

7 ounces beef liver

6 ounces sweet red peppers

6 ounces okra

4 ounces celery

50 grams wheat germ oil (or 200 IU vitamin E supplement)

1.5 ounces hempseed, hulled

2 ounces oysters (or 15 milligrams zinc supplement)

9 grams dried parsley

9 grams dried thyme

9 grams ground turmeric

5 grams nutritional yeast

18 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 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 ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.

**Okra Can Be Slimy:** When it's cooked, okra may turn into goo. But it turns out that indigestible slime is a demulcent, a balm that soothes the intestinal tract and also has antiadhesive properties. Together, this causes bad bacteria to struggle to stick to the intestines. Okra's fiber helps bind up toxins, preventing resorption, and okra consumption also increases levels of the detoxifying enzymes glutathione, superoxide dismutase (SOD), and catalase.