



VENISON & SQUASH

Recipe, Cooking Instructions & Feeding Guideline

LARGE BATCH

Makes approximately 11½ lbs

- 4 lbs 11 oz Ground Venison**
85% lean/15% fat
- 3 lbs 2 oz Butternut Squash** Cubed
- 3 lbs 2 oz Sweet Potatoes**
Cubed
- 15 oz Brussels Sprouts**
Finely chopped
- 2½ oz Cranberries**
Unsweetened, fresh or frozen,
finely chopped
- 4¼ oz Sunflower Oil**
- 1 tsp JustFoodForDogs
Omega Oil**
- 2½ tbsp JustFoodForDogs
Venison & Squash
DIY Nutrient Blend**

SMALL BATCH

Makes approximately 5¾ lbs

- 37½ oz Ground Venison**
85% lean/15% fat
- 1 lb 9½ oz Butternut Squash**
Cubed
- 1 lb 9½ oz Sweet Potatoes**
Cubed
- 7½ oz Brussels Sprouts**
Finely chopped
- 1¼ oz Cranberries**
Unsweetened, fresh or frozen,
finely chopped
- 4¼ tbsp Sunflower Oil**
- ½ tsp JustFoodForDogs
Omega Oil**
- 3¾ tsp JustFoodForDogs
Venison & Squash
DIY Nutrient Blend**

All weights indicated are raw or dry weight.

JustFoodForDogs.

PREPARATION

1. Wash all fruits and vegetables thoroughly. Use fresh ingredients whenever possible, but if one or two items are purchased frozen (may add as is), make sure there are no added ingredients such as salt or sugar.
2. As an alternative to cubing raw and boiling, butternut squash may also be baked, mashed and mixed. Do not add butter or salt. If baking the squash, start this process first since it can take up to 90 minutes. Simple baking instructions are available online.
3. The weight of the squash should be verified after it is cubed, since a significant amount of weight can be lost in the preparation process.
4. Prepare a one-quart ice bath. Once the squash and potatoes are cooked, the ice will be used to cool them and to stop the cooking process so they retain their texture.

COOKING

1. Choose a pot that will hold all the squash and potatoes, add water and bring to a rapid boil. In the meantime, cube squash (remove seeds, stem and skin) and sweet potatoes (do not peel) to an appropriate bite size for your dog. Add squash and sweet potatoes to the boiling water and lower heat to a simmer. Cook for 10-15 minutes or until fully cooked (soft to the touch). Add ice to stop the cooking process. Drain. Let the squash and potatoes cool to the touch.
2. In a nonstick skillet, brown the ground venison over medium-high heat, stirring frequently. Add Brussels sprouts and cranberries while venison is still slightly pink.
3. In a large mixing bowl, combine all ingredients, including the sunflower and Omega oils. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
4. Portion into individual serving sizes and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh for up to 4 days. In the freezer, it can be stored for up to 3 months.

QUICK FEEDING GUIDE

Dog Size & Weight	Daily Amount	Days of Supply Full Recipe	Days of Supply Half Recipe
Extra Small 5 - 10 lbs	1 - 1½ cups 6 - 10 oz	18 - 30	9 - 15
Small 11 - 20 lbs	1½ - 2½ cups 10 - 16½ oz	11 - 18	5 - 9
Medium 21 - 40 lbs	2½ - 4 cups 16½ - 27½ oz	6 - 11	3 - 5
Large 41 - 60 lbs	4 - 5½ cups 27½ - 37 oz	4 - 6	2 - 3
Extra Large 61 - 80 lbs	5½ - 6¾ cups 37 - 46 oz	4	2

VENISON & SQUASH

Cooking Instructions for Instant Pot



PREPARATION

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen, make sure there are no added ingredients such as salt or sugar.
4. Remove seeds and stem from butternut squash.
5. The weight of the squash should be verified after it is cubed since a significant amount of it can be lost during the preparation process.

COOKING

1. Add venison and Brussels sprouts to the Instant Pot. Use the "Sautee" setting at 3 minutes with the lid removed to begin browning the venison. Make sure to stir the venison in order to break up any larger chunks of meat. After 3 minutes, turn off Instant Pot.
2. Add cubed butternut squash, sweet potatoes and cranberries to the pot along with ½ cup of water. To avoid a "Burn Error," be sure to mix well and scrape the bottom of the pot after the addition of water.
3. Set the Instant Pot to "Pressure Cook" setting for 10 minutes.
4. After the 10-minute timer goes off, release pressure and check to see that all ingredients are thoroughly cooked (soft to the touch), allow the food to cool.
5. After it is completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Venison & Squash DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
6. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for 3-5 days and up to one year in the freezer.

VENISON & SQUASH

Cooking Instructions for Slow Cooker



PREPARATION

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen, make sure there are no added ingredients such as salt or sugar.
4. Remove seeds and stem from butternut squash.
5. The weight of the squash should be verified after it is cubed since a significant amount of it can be lost during the preparation process.

COOKING

1. Add venison, Brussels sprouts, butternut squash, and sweet potatoes to the slow cooker along with 1 cup of water. Slow-cook on high heat for approximately 2.5 hours, occasionally stirring to break up ground venison and adding water in $\frac{1}{2}$ cup increments, if necessary.
2. Check to see if the ingredients are cooking thoroughly (becoming soft to the touch).
3. Add cranberries, change setting to low heat and cook for an additional $\frac{1}{2}$ hour.
4. Once all ingredients are cooked, allow the food to cool.
5. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Venison & Squash DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
6. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for 3-5 days and up to one year in the freezer.