



Kate Beeders

The Breakthrough Success Expert

Cali's Favorite Stew Recipe From The Forever Cali Project 🐾❤️

Ingredients:

- 1 package (1 pound/16 oz) of organic ground meat*
- 1 cup of water
- 1 chopped carrot
- 1 chopped celery
- Handful of broccoli
- Handful of green beans
- Handful or two of spinach
- A little brussel sprout (cut up)

It's your choice as to which vegetables you use. Feel free to use all or some of them.

Put all raw ingredients in a crockpot for a few hours, stirring occasionally. This stew will last a few days in your refrigerator. I would often double or triple the recipe and then put extra servings in plastic containers to freeze for use later on.

When serving, if taking out of the refrigerator/freezer, I would make sure the stew was slightly warm (not hot!).

Bon Appetit! You're going to have one very happy dog!

*We always recommend you check with your veterinarian before changing your dog's diet. Also, check as to which type of protein meat to give your dog. Cali started with organic ground beef and then switched in later years to organic ground turkey when she developed pancreatitis.

[UPDATE] With Destiny Star, I started her off gradually with the stew. I used it as a "topper" with her normal kibble. Then, each meal I'll gradually reduce/eliminate the kibble. Dogs have sensitive stomachs so you don't want to do fast changes. Also, per our holistic vet's recommendation, I will be adding a little bit of bone broth and beef/turkey organs to her food. This will be done gradually.

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