

## **Recipe 2: Medium-Sized Dog (20-50 lbs)**

### **Beef & Brown Rice Bowl**

#### **Ingredients:**

- 1 cup cooked lean ground beef
- 1/2 cup cooked brown rice
- 1/2 cup chopped carrots
- 1/2 cup spinach, finely chopped
- 1 tablespoon flaxseed oil

#### **Instructions:**

1. Cook the ground beef until no longer pink, then drain excess fat.
2. Cook the brown rice according to package instructions.
3. Steam or boil the carrots until tender, then chop them into small pieces.
4. In a mixing bowl, combine the ground beef, brown rice, carrots, and spinach.
5. Drizzle with flaxseed oil.
6. Mix thoroughly and allow to cool before serving.