



BACKSTAGE
VET



Beef Meadow with Blueberries

60	oz	Beef (Ground, 80/20)
3	oz	Liver (Beef)
4	cups	Brown Rice (Long grain)
8	oz	Spinach (Fresh or frozen)
6	oz	Apple (1 medium size, green or red, cored)
16	oz	Yam (With or without skin)
5	oz	Green Beans
2	tsp	Apple Cider Vinegar (Raw/unfiltered, organic, unpasteurized)
2	tsp	Fish Oil (Icelandic Cod)
2	tsp	Safflower Oil (Expeller Pressed)
2	tbsp	Kelp (Ground)
2	tbsp	Bone Powder / Meal (Ground)
12	oz	Blueberries (Fresh or frozen)

Yields approximately 10 lbs. of cooked food

Preparation

- Cook 0.5 to 1 lb. beef bones (bones with marrow and some meat) for 12 hours in 34 oz water (Keep same liquid level by adding water).
- *Cook brown rice with this home-made beef bone broth.
- Wash all fruit and vegetables thoroughly and chop into small pieces.

Cooking

- In a non-stick skillet, brown beef and beef liver over medium heat, stirring frequently until liver is slightly pink.
- Add chopped spinach, apple, yam and green beans and continue to stir until soft and meat is cooked.
- Spread mixture on baking sheet to cool.
- Add mixture to large bowl and add all remaining ingredients while stirring thoroughly.

Storage

- Portion in Ziplock bags according to consumption instructions.
- Keep refrigerated up to 5 days or frozen up to 6 months

**Soak the brown rice for up to 12 hours prior to cooking to initiate nutrient releasing germination.*