



**SALADMASTER®**

# **Dog Food Recipe Book**



**Note: It's important to consult your veterinarian before making any changes to your dog's diet, especially if they have specific health conditions or dietary needs. These recipes are meant to be general guidelines and can be adjusted based on your dog's size, age, and health requirements.**

**Remember to introduce new foods gradually and monitor your dog's reactions. If you notice any digestive issues or allergies, discontinue the new food, and consult your vet.**

**Additionally, always make sure to provide fresh water for your dog and maintain portion control based on their calorie needs and activity level.**

We would like to express our gratitude to the Saladmaster family for providing recipes for this book. We are excited to collect more content for Volume 2!



# Hello fellow dog lovers!

Our furry friends deserve the best, and the food we give them plays a critical role in their health. Cooking healthy meals for your dog is the optimal way to feed them, as it helps with weight control, allows us to cater to our dog's specific health needs, helps manage allergies, and allows for control of ingredient quality.

Did you know that over 56% of dogs in the United States are overweight or obese?\* That's more than half of our canine companions! In Canada, the situation isn't much better, with around 50% of dogs being overweight or obese. Obesity in dogs can lead to severe health problems that can impact their quality of life and shorten their lifespan. Moreover, treating diet-related diseases can be costly, with pet owners in the U.S. spending a whopping \$29.3 billion on veterinary care in 2019.\*\*

To keep our dogs healthy and our wallets happy, cooking healthy meals for them is the best option. Cooking for your dog allows you to control the ingredients and ensure they're getting the right balance of nutrients without unhealthy additives that are often found in commercial dog food. Plus, it can be a lot cheaper than buying specialty dog food.

Investing time and effort into understanding what goes into your dog's bowl can have a significant impact on their health and your wallet.

## Let's give our furry friends the best we can offer them!

\*Information obtained from the Association for Pet Obesity Prevention Report 2022 and the American Kennel Club, VCA Canada & Canadian Kennel Club, <https://www.petobesityprevention.org/>, [www.akc.org](http://www.akc.org), [www.ckc.ca](http://www.ckc.ca), [www.vcacanada.com](http://www.vcacanada.com)

\*\*Information obtained from the Human Animal Bond Research Institute Healthcare Cost Savings Report published in 2019 <https://habri.org/>

# Delicious Paw-licking dinner

submitted by Sebastian Stankiewicz

## Ingredients:

- 3 boneless chicken thighs
- 2 large yellow potatoes
- 3 large carrots
- 0.5 qt (half a bag) of frozen sweet pea

*This is for 3 portions for medium size dog (around 30-40lbs)*

**Important!!! Do not use any seasoning or spices.**



## Instructions:

1. Pre-heat 12" Electric Oil Core Skillet to 450°F. (230°C)
2. Once hot, add chicken thighs. Put the lid on but don't close it all the way - leave a gap around 1/2" - it will be golden brown and crispy.
3. Fry for about 10-12 minutes.
4. Meanwhile with Saladmaster Food Processor Cone #3, cut potatoes and carrots into a bowl. Add peas and mix.
5. After 10-12 minutes - flip the chicken on the other side.
6. Add all the veggies from the bowl on top of the chicken and cover (completely). Lower the temperature to 300F.
7. Cook for about 20-25 minutes.
8. When ready - cut the chicken into small pieces and mix everything in the skillet, allow the chicken flavors to mix well with vegetables.
9. Cool off before serving. Your dogs will love this dinner - it's paw-licking delicious!
10. If you have leftovers- put them in freezer bags in serving size and freeze it for later.
11. When ready to serve, remove the bag from the freezer and put contents in the 1 Qt. Sauce Pan. Set stove temperature to medium. When Vapo-Valve™ is clicking, it's ready.



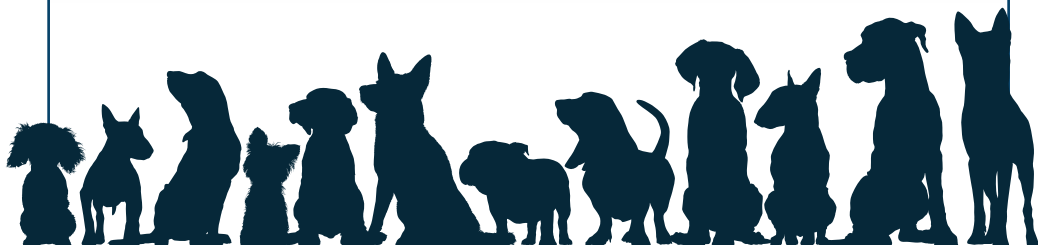
# Chicken and Rice Delight

## Ingredients:

- 1 cup cooked and shredded chicken (skinless and boneless)
- 1/2 cup cooked brown rice
- 1/4 cup cooked and finely chopped carrots
- 1/4 cup cooked and finely chopped green beans
- 1 tablespoon olive oil (for added healthy fats)
- 1/4 teaspoon calcium supplement (consult vet for proper dosage)
- Water for cooking

## Instructions:

1. Cook the chicken thoroughly and shred it into small pieces.
2. Cook the brown rice according to package instructions.
3. Cook the carrots and green beans until tender.
4. In a bowl, mix the cooked chicken, rice, carrots, and green beans.
5. Add the olive oil and calcium supplement. Mix well.
6. Allow the mixture to cool before serving.



# Salmon & Sweet Potato Feast

## Ingredients:

- 1 cup cooked and flaked salmon (boneless)
- 1/2 cup cooked and mashed sweet potatoes
- 1/4 cup cooked peas
- 1/4 cup cooked and finely chopped spinach
- 1 tablespoon coconut oil (for healthy fats)
- 1/4 teaspoon fish oil supplement (consult vet for proper dosage)
- Water for cooking

## Instructions:

1. Cook the salmon thoroughly and flake it into small pieces.
2. Cook the sweet potatoes until soft and mash them.
3. Cook the peas and spinach until tender.
4. In a bowl, mix the flaked salmon, mashed sweet potatoes, peas, and spinach.
5. Add the coconut oil and fish oil supplement. Mix well.
6. Allow the mixture to cool before serving.

Many premium dog food brands can cost up to three times as much as regular brands, but not all of them live up to their promises. Some commercial dog foods, including premium brands, do not meet the nutritional standards they claim.



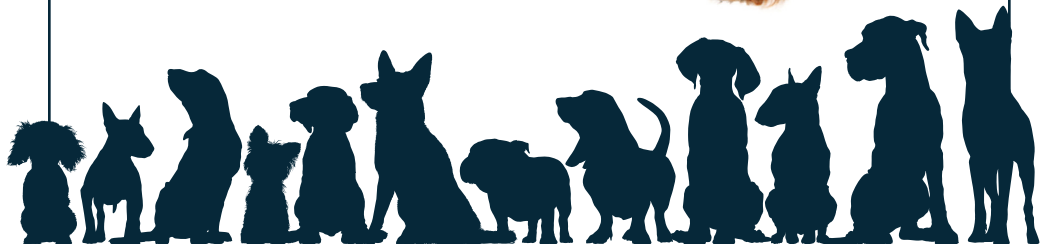
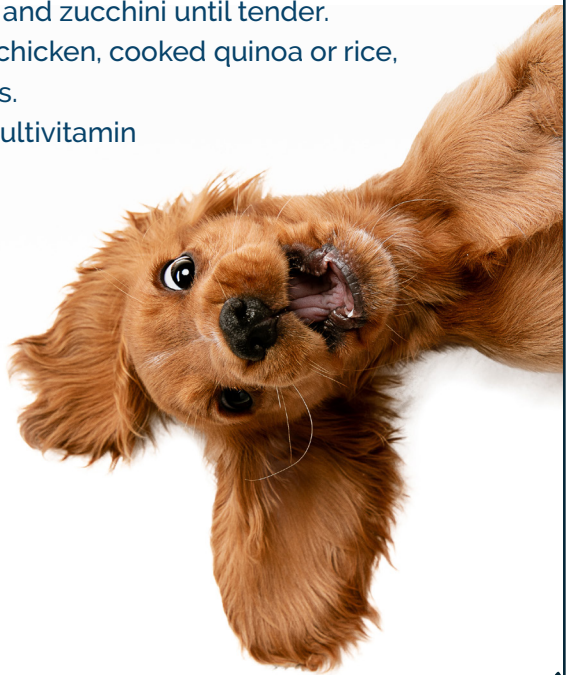
# Chicken & Veggie Medley

## Ingredients:

- 1 cup cooked and shredded chicken (skinless and boneless)
- 1/2 cup cooked quinoa or brown rice
- 1/4 cup cooked and finely chopped carrots
- 1/4 cup cooked and chopped broccoli
- 1/4 cup cooked and chopped zucchini
- 1 tablespoon coconut oil (for added healthy fats)
- 1/4 teaspoon multivitamin supplement (consult vet for proper dosage)
- Water for cooking

## Instructions:

1. Cook the chicken thoroughly and shred it into small pieces.
2. Cook the quinoa or brown rice according to package instructions.
3. Cook the carrots, broccoli, and zucchini until tender.
4. In a bowl, mix the cooked chicken, cooked quinoa or rice, and the cooked vegetables.
5. Add the coconut oil and multivitamin supplement and mix well.
6. Allow the mixture to cool before serving.



# Beef and Sweet Potato Stew

## Ingredients:

- 1 cup cooked and diced lean beef
- 1/2 cup cooked and mashed sweet potatoes
- 1/4 cup cooked and chopped green beans
- 1/4 cup cooked and chopped carrots
- 1 tablespoon olive oil (for healthy fats)
- 1/4 teaspoon glucosamine supplement (consult vet for proper dosage)
- Water for cooking

## Instructions:

1. Cook the lean beef thoroughly and dice it into small pieces.
2. Cook the sweet potatoes until soft and mash them.
3. Cook the green beans and carrots until tender.
4. In a bowl, mix the cooked beef, mashed sweet potatoes, green beans, and carrots.
5. Add the olive oil and glucosamine supplement. Mix well.
6. Allow the mixture to cool before serving





# Turkey and Pumpkin Casserole

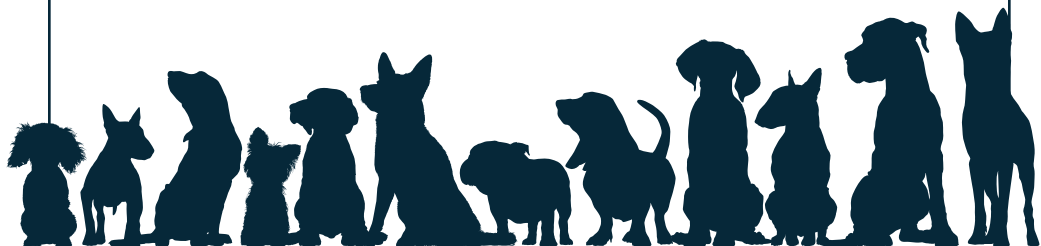
## Ingredients:

- 1 cup cooked and ground turkey
- 1/2 cup cooked and pureed pumpkin (unsweetened)
- 1/4 cup cooked and chopped peas
- 1/4 cup cooked and chopped spinach
- 1 tablespoon fish oil (for healthy fats)
- 1/4 teaspoon taurine supplement (consult vet for proper dosage)
- Water for cooking



## Instructions:

1. Cook the ground turkey thoroughly and make sure it's finely crumbled.
2. Cook or steam the peas and spinach until tender.
3. In a bowl, mix the cooked ground turkey, pumpkin puree, peas, and spinach.
4. Add the fish oil and taurine supplement. Mix well.
5. Allow the mixture to cool before serving.



# Zoey's Favorite Soup

submitted by Sebastian Stankiewicz

## Ingredients:

- 4 carrots (large)
  - 4 yellow potatoes (large)
  - 4 celery sticks
  - 1qt bag frozen sweet peas
  - 2 chicken breast
- NO SEASONING!!!**

## Instructions:

1. Cut chicken breast into small cubes.
2. Cut potatoes with Saladmaster Food Processor Cone #3
3. Cut Carrots with Saladmaster Food Processor Cone #2
4. Cut celery sticks with Saladmaster Food Processor Cone #1 - do not add strings to soup
5. Put everything in 7 Qt. Roaster
6. Fill with cold water till about an 1 ½ inch from the top (otherwise will overflow during cooking).
7. Set the temperature on your stove to medium.
8. When the Vapo-Valve™ is clicking fast, lower to low temperature. Cook for about 30 minutes.
9. Optional - blend everything in a blender—some dogs prefer it this way!
10. Allow to cool and divide into portions in freezer bags.
11. When ready to serve- remove bag from the freezer and put the soup in 1 Qt. Sauce Pan. Set stove temperature to medium. When Vapo-Valve™ is clicking--it's ready.
12. Cool and allow your dog to enjoy!

## TIPS:

- Use 10 Qt. - or larger if you want additional portions — just remember to add more veggies and meat.
- If you want extra healthy flavors, fry the chicken breast (or boneless thighs) in 12" Electric Oil Core Skillet .
- Substitute regular potatoes for sweet potatoes (they are much bigger, so use less).



# Vegan Homemade Dog Food

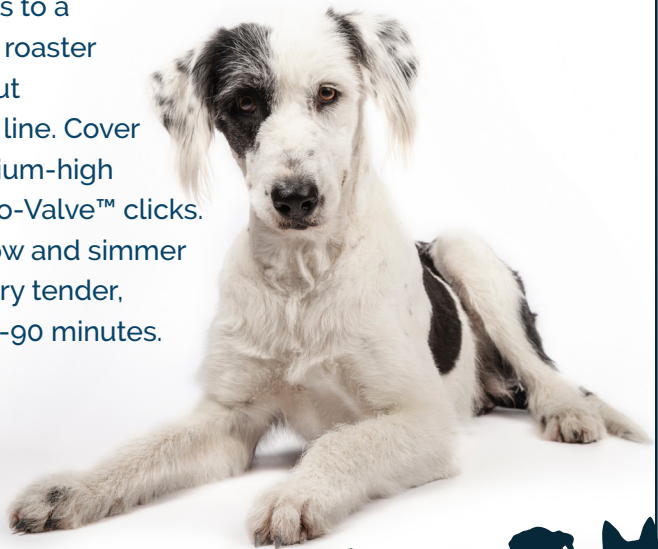
## Ingredients:

- 48 oz Dried Lentils
- 1 cup uncooked Brown rice or Quinoa or Barley
- 6 large Carrots, cut with Saladmaster Food Processor Cone #1
- 2 Yellow Squash, cut with Saladmaster Food Processor Cone #2
- 2 Zucchini, cut with Saladmaster Food Processor Cone #2
- 4 stalks Celery, cut with Saladmaster Food Processor Cone #2
- 2 large Sweet Potatoes, cut with Saladmaster Food Processor Cone #1
- 3 crowns Broccoli, cut with Saladmaster Food Processor Cone #3
- 1 head Green Cabbage, cut with Saladmaster Food Processor Cone #4
- 1-10 oz frozen, chopped Spinach or Kale
- Water



## Instructions:

1. Add all ingredients to a 16 Qt. Roaster. Fill roaster with water to about 3" above the food line. Cover and cook on medium-high heat until the Vapo-Valve™ clicks.
2. Reduce heat to low and simmer until lentils are very tender, approximately 60-90 minutes.





3. Chop veggies with Saladmaster Food Processor Cone #3 on the Saladmaster Food Processor. Place into a 2 Qt. Sauce Pan with 2 Tbsp. water, start at medium heat, click down to low. Cook for 8 minutes until tender.
4. If using leafy greens like spinach or kale, chop them finely and lightly cook them. This helps break down any compounds that could inhibit nutrient absorption.
5. Once all cooked ingredients are ready, mix them together in a large bowl.
6. Add the flaxseed or coconut oil to the mixture. These healthy fats are essential for your dog's coat and overall health.
7. Store any leftovers in an airtight container in the refrigerator. Remember that homemade dog food should be used within a few days or frozen for longer storage.



# Peanut Butter and Banana Biscuits

## Ingredients:

- 1 ½ cups whole wheat flour
- 1 ripe banana, mashed
- ¼ cup peanut butter (make sure it doesn't contain xylitol, which is toxic to dogs)
- ¼ cup water

## Instructions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the mashed banana, peanut butter, and water. Mix well until the ingredients are thoroughly combined.
3. Gradually add the whole wheat flour to the wet ingredients, stirring as you go. You might need to use your hands to knead the dough a bit to ensure everything is mixed evenly. The dough should be firm but not dry.
4. Lightly flour a clean surface and roll out the dough to about ¼-inch thickness.
5. Use cookie cutters to cut out shapes from the dough. You can choose bone shapes or any other shape you like.
6. Place the cut-out shapes on the prepared baking sheet.
7. Bake the treats in the preheated oven for about 15-20 minutes, or until they are golden brown and crisp.
8. Once the treats are baked, remove them from the oven and allow them to cool completely on a wire rack.
9. Store the treats in an airtight container to keep them fresh. If you live in a humid environment, you might want to keep them in the refrigerator)



# Sweet Potato and Chicken Jerky

## Ingredients:

- 2 medium sweet potatoes, washed and peeled
- 2 boneless, skinless chicken breasts

## Instructions:

1. Preheat your oven to 200°F (95°C) and line a baking sheet with parchment paper.
2. Slice the sweet potatoes and chicken breasts into thin strips. You can use a sharp knife or a mandoline slicer to achieve uniform thickness.
3. Blot the chicken strips with a paper towel to remove any excess moisture.
4. Place the sweet potato and chicken strips on the prepared baking sheet. Make sure they're not overlapping.
5. Bake in the preheated oven for about 2 to 3 hours, or until the treats are dried and slightly chewy. The cooking time might vary based on the thickness of the strips.
6. Once the treats are cooked, let them cool completely before offering them to your dog.
7. Store the treats in an airtight container in a cool, dry place.



# Carrot and Oat Dental Chews

## Ingredients:

- 2 large carrots, washed and peeled
- 1 cup rolled oats
- 1/4 cup water

## Instructions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Grate the carrots finely using a box grater or a Saladmaster Food Processor.
3. In a mixing bowl, combine the grated carrots, rolled oats, and water. Mix well to form a dough-like consistency.
4. Take small portions of the mixture and roll them into sticks or bite-sized shapes. Alternatively, you can flatten the mixture and use cookie cutters to create different shapes.
5. Place the shaped treats on the prepared baking sheet.
6. Bake the treats in the preheated oven for about 20-25 minutes, or until they are golden and slightly firm.
7. Allow the treats to cool completely before giving them to your dog.
8. Store the treats in an airtight container to maintain their freshness.

The natural texture of carrots and the chewy oats can help in mechanically cleaning your dog's teeth while they enjoy the treat. However, these treats are not a substitute for regular dental care, so make sure to continue brushing your dog's teeth and schedule regular dental check-ups with your veterinarian.

Always monitor your dog while they're enjoying treats, especially if they're prone to swallowing treats quickly. Consult your veterinarian before adding new treats to your dog's diet, especially if your dog has specific dental concerns or dietary restrictions.





# Pumpkin treats

## Ingredients:

- 1 large egg
- 1/2 cup canned pumpkin (not pumpkin pie mix!)
- 3/4 cup oatmeal flour

## Instructions:

1. Preheat oven to 350°F (175°C)
2. Line cookie sheet with parchment paper
3. Whisk egg
4. Add pumpkin and oatmeal flour and mix
5. Shape into balls using about 1 Tablespoon for each or roll out and use cookie cutter
6. Bake about 20 - 25 minutes
7. Let cool completely
8. Makes 16-17 treats depending on size/cut



# Peanut Butter Dog Bones

## Ingredients:

- 1 cup flour
- ½ cup oatmeal
- ½ cup peanut butter
- ½ cup water

## Instructions:

1. Preheat oven to 350°F (175°C).
2. Line baking sheet with parchment paper.
3. Put all ingredients into bowl and mix thoroughly with your hands. If dough is too sticky, add more flour, if desired. If it is too dry or crumbly, add a few drops of water.
4. Roll into bite size balls in size that best suits your fur baby. You can also roll out flat and use cookie cutters. Bake for about 30 minutes. Depending on the size of treats you may need additional time in the oven.
5. Take out and let cool.
6. Treats will keep for about a week in an airtight container; up to 3 weeks in the fridge; and up to 6 months frozen.



# Peanut Butter Banana Oat Dog Treats

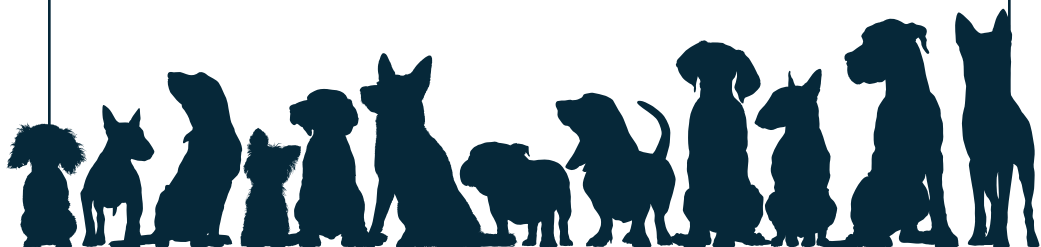
submitted by Isis Israel

## Ingredients:

- 1 ripe banana, mashed
- ¼ cup natural peanut butter (unsalted, no xylitol)
- 1 cup rolled oats (gluten-free oats if preferred)

## Instructions:

1. Preheat your 12" Electric Oil Core Skillet to 350°F (175°C) and line with parchment paper
2. In a mixing bowl, combine the mashed banana and peanut butter. Make sure the peanut butter does not contain Xylitol, which can be toxic to dogs.
3. Add the rolled oats to the bowl and mix everything together until you have a sticky dough
4. If the dough seems too dry, you can add a bit more mashed banana or a small amount of water to help bind the ingredients.
5. Take small portions of the dough and roll them into bite-sized balls or shape them using cookie cutters. You can also flatten the dough slightly for a biscuit-like shape.
6. Place the treats in the skillet, leaving a little space between them.
7. Bake for about 10 minutes on one side and turn over and bake for an additional 5 minutes, or until the teats are golden brown and firm to the touch.
8. Once baked, remove the treats from the skillet and let them cool completely.
9. Store the treats in an airtight container in the refrigerator to keep them fresh.





# SALADMASTER®

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WE CHANGE LIFE



A dog is your best friend for life, they love you unconditionally. Wouldn't you agree they deserve the best quality food? They depend on us to make the right decision for them.

**The choice is yours!**

**In Saladmaster everyone in the family is important and deserves the best!**