

# Recipes for Senior Dogs, By [Pet-up.com](http://Pet-up.com)

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## Brown Rice, Turkey, and Veggies

### Ingredients:

- 1 lb ground turkey
- 2 cups brown rice
- 1 tsp dried rosemary
- ½ package frozen broccoli, carrots and cauliflower (or chop two cups of fresh vegetables and cook them for about four minutes until they're just starting to get tender but still firm)
- 6 cups of water

### Directions:

1. In a large pot, add the water, rice, ground turkey and rosemary.
  2. Stir to break up the turkey and ensure the ingredients are well mixed.
  3. Bring the pot to a boil and then reduce heat to low and simmer for 20 minutes.
  4. Add frozen or fresh vegetables. Continue to cook for five minutes.
  5. Remove the pot from the heat and let the mixture cool before serving.
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## Chicken Casserole

### Ingredients:

- 4 pieces boneless chicken with skin
- ½ cup carrots, peeled and sliced
- 1 cup cabbage
- 1 cup broccoli

- ½ cup green beans
- ½ cup spinach
- 1 ½ cups brown rice
- 2 tbsp olive oil

#### Directions:

1. Rinse your vegetables and steam them until they're almost soft enough to mash. When they're done, set them aside.
  2. While your veggies are cooking, put your chicken in a pot and add water to cover it. You want the water to be about an inch above the chicken.
  3. Bring the pot to a slow boil and boil the chicken until the meat is cooked and the water turns into an aromatic broth, about 20 to 30 minutes.
  4. When the chicken is cooked, remove it from the pot but reserve the broth.
  5. Cook the brown rice in three cups of chicken broth.
  6. Remove the chicken skin and chop the chicken and steamed vegetables into small, bite-sized pieces.
  7. When the rice is finished, combine it with the veggies, chicken and olive oil in a large bowl and mix. You can also add some chicken broth.
  8. Let the casserole cool completely before serving to your dog. Leftovers can be stored in the fridge in a sealed container for up to three days.
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## Beef Stew

#### Ingredients:

- 1 lb beef stew meat
- 1 small sweet potato
- ½ cup diced carrots
- ½ cup diced green beans
- ½ cup flour
- ½ cup of water
- 1 tbsp vegetable oil

## Directions:

1. Microwave the sweet potato for five to eight minutes until tender but still firm.
  2. Cut up the beef stew meat into nickel-sized chunks.
  3. Heat the vegetable oil over medium heat in a large pan. Add the stew chunks and cook for about 10 to 15 minutes or until well done.
  4. Take the beef out of the pan but reserve the drippings.
  5. Dice the cooked sweet potato.
  6. Turn the heat to medium-low and heat the drippings. While whisking, slowly add the flour and water to the drippings to make a thick gravy.
  7. Add the sweet potato, meat, green beans, and carrots to the gravy and mix to coat.
  8. Cook about 10 minutes or until the carrots are tender.
  9. Let the stew cool completely before serving to your senior dog.
  10. The leftovers will keep in the refrigerator for up to five days.
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## Peanut Butter and Banana Dog Biscuits

This recipe makes an excellent treat.

### Ingredients:

- 1 egg
- 1/3 cup creamy peanut butter
- ½ cup mashed banana
- 1 tablespoon honey
- 1 cup wheat flour
- ½ cup wheat germ (can also try oats instead if your dog isn't a fan of wheat germ)

### Directions:

1. Preheat your oven to 300 degrees Fahrenheit (150 degrees Celsius). Lightly grease a cookie sheet.
  2. In a medium bowl, stir the peanut butter, egg, banana and honey until well blended. Add the wheat germ and flour and mix thoroughly. Put the dough on a floured board and use a floured rolling pin to roll it out until it's about ¼-inch thick. Use a cookie cutter to cut into your desired shapes. Place the biscuits on the baking sheet and gently brush the tops with the beaten egg white.
  3. Bake the biscuits in the oven until they're golden brown and dried, about 30 minutes. Take them out and cool them on a wire rack.
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## Recipe for Senior Cats, By [Pet-up.com](http://Pet-up.com)

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### Mackerel and Brown Rice

#### Ingredients:

- 1 cup canned mackerel
- 1 tbsp sunflower seed oil
- 1 tbsp organic cooked brown rice
- 1-2 tbsp water or broth (chicken or beef)

#### Directions:

1. Combine all ingredients in a food processor.
  2. Puree until blended.
  3. It is best if served immediately but leftovers can be refrigerated up to three days.
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### Trout

## Ingredients:

- 1 cup trout, fully cooked
- 1 raw egg
- 1 tbsp fine chopped broccoli, steamed
- 2 tbsp sunflower oil

## Directions:

- Boil raw egg (for this recipe we shall use only the cooked egg yolk)
  - Combine all ingredients in a food processor.
  - Puree until blended and serve.
  - Leftovers can be stored in the refrigerator for up to three days.
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## Chicken And Salmon-Based Recipe (RAW\*)

### Ingredients:

- ½ pound chicken liver raw
- ½ pounds beef kidney raw
- cups water more as needed to puree
- whole raw egg including shell
- 0.2 pound (about 90 grams) chicken heart raw
- 1 pound bone-in skin-on chicken wings raw, cats need to be eating some bone in their diet for phosphorous and calcium
- ½ pound raw salmon bones kept in, cats need to be eating some bone.
- teaspoon taurine supplement powdered form. Taurine is essential for cats, and lack of it can lead to cardiac death

### Directions:

- Pulse to grind all ingredients in a high-powered blender or meat grinder. Leave raw!
- Divide into how much the cat will consume in 2-3 days and refrigerate. Freeze the rest, in small portions for easy serving.

*\*Please be sure to consult a veterinarian before feeding raw foods to pets.*

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## Salmon Treats

### Ingredients:

- 1 cup canned salmon
- 2 raw eggs
- 3 cups of flour

### Directions:

- Pulse the canned salmon in a food processor and chop finely.
  - Combine salmon, egg, & flour in stand up mixer until it forms a dough.
  - Roll out dough to 1/4 inch thickness on a floured surface.
  - Use a cookie cutter (I recommend a 3/4 inch cutter) to cut into pieces.
  - Put the treats on a baking sheet & bake at 350°F for 20 minutes.
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*These recipes have been put together by a licensed veterinarian.*

*[Dr. Maureen Murithi](#) is a qualified and registered veterinary surgeon and an epidemiologist. With over 7 years of experience in Veterinary Medicine as well as 5 years of experience as a researcher, Maureen provides informative and well researched articles.*