

Beef Spring Flavors

In Italy, the start of spring means one thing: it's asparagus season. From Piedmont to the heel of the boot, farmers park in grocery store lots—with hand-painted signs reading *ASPARAGI!*—selling thin stalks of the beloved vegetable out of the backs of their trucks. Rich in prebiotic fiber, folate, vitamin K, and the flavonoid rutin, asparagus has even been shown to improve glucose metabolism, not to mention its above-average glutathione content. It's spring! Celebrate the season with asparagus.

Adult Canine Less Active, with Supplements

Yields 5¼ pounds

42 calories/ounce

50 ounces (approximately 3.125 pounds) ground beef, 90 percent lean

6 large eggs, shelled

8 ounces asparagus

6 ounces beef liver

6 ounces salmon

5 ounces green peas

3 ounces fennel bulb

2.5 ounces raw sunflower seeds

17 grams eggshell powder

Supplements

- 1,350 micrograms iodine
- 1,500 milligrams choline
- 300 milligrams magnesium
- 15 milligrams zinc
- 8 milligrams manganese
- 50 milligrams thiamine (vitamin B1)
- 100 IU vitamin E

1. In a large bowl, mix food ingredients (except eggshell powder) together.
2. In a small bowl, mix eggshell powder and supplements together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.

The Pea Problem: Many grain-free commercial dog foods use pea powder or pea protein powder instead of grain, but there can be a *big* problem with consuming large amounts of legumes. Legumes are full of sugar-binding proteins called lectins, sticky molecules that bind to the lining of the small intestine. If fed on a daily basis and in high amounts, lectins have the potential to tear up the digestive tract, prevent the absorption of nutrients, harm the gut microbiome, and lead to inflammatory diseases including diabetes, rheumatoid arthritis, and celiac disease. While cooked green peas provide this recipe delicious flavor, and they are fine to use as training treats, there is no need to feed dogs excessive amounts of legumes (meaning more than 10 percent of daily food intake) every day. Stick to reasonable amounts—in the form of treats, toppers, or as part of a veggie add-in.