

## Filipino Tinola Chicken and Beef

Tinola is a one-pot Filipino classic: a light stew consisting of meat, papaya, and greens, cooked with good-for-the-gut ginger till the ingredients are tender. We've included manganese-rich coconut cream, which has been found to help balance blood sugar levels. When your pet is feeling yucky, on a rainy day, or just because, try this nourishing, soulful recipe with a flavorful kick. *Kain tayo* (let's eat!).

Adult Canine, Mostly Whole Foods

Yields 6½ pounds

44 calories/ounce

52 ounces (3.25 pounds)  
ground beef, 90 percent lean

16 ounces (1 pound) ground  
chicken, 14 percent fat

6 large eggs, shelled

7.5 ounces beef liver

12 ounces fresh spinach

6 ounces papaya

40 grams wheat germ oil  
(or 100 IU vitamin E  
supplement)

9 grams coconut cream,  
unsweetened

10 grams ground ginger

10 grams ground turmeric

5 grams ground black pepper

5 grams nutritional yeast

15 grams eggshell powder

2 grams kelp powder  
(containing 700 micrograms  
of iodine per gram kelp  
powder. This is a total of  
1,400 micrograms iodine if  
you choose to use an iodine  
supplement rather than kelp  
powder.)

### Supplement

- 500 IU vitamin D

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders and supplement 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.