

## Traditional Fish, Tomato, and Rice Stew

While we don't regularly feed our pets carb-heavy meals, rice is a staple in many cuisines around the world. If you have leftover rice, feed this stew—a traditional Portuguese dish families often share with their pets—on occasion.

Adult Canine Less Active, with Supplements

Yields 3 pounds

35 calories/ounce

24 ounces fresh whitefish  
 8 ounces fresh tomatoes  
 8 ounces carrots  
 8 grams fresh garlic  
 4 ounces cooked white rice  
 80 grams olive oil  
 20 unsalted raw almonds,  
 crushed  
 15 grams bonemeal

### Supplements

- ½ tablet vitamin B complex B50, (50 milligrams), crushed
- 1,000 milligrams choline
- 18 milligrams iron
- 4 milligrams copper
- 45 milligrams zinc
- 8 milligrams manganese
- 675 micrograms iodine

1. In a large bowl, mix food ingredients (except for bonemeal) together.
2. In a small bowl, mix all supplements and bonemeal powder 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.