

RECIPE COURTESY OF RICK WOODFORD FROM
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MUTT LOAF

Take off your rings, because the best way to mix any good meat loaf is with your hands. Like a friendly mutt, this meat loaf is a blend of different things. In this case, it's healthy, tasty ingredients that are easy to prepare.

3 medium russet potatoes,
cleaned of eyes and green spots
and grated

2 medium carrots, grated

1 (15-ounce) can kidney beans,
rinsed and drained

4 large eggs

1 teaspoon fresh rosemary,
minced

¼ teaspoon garlic powder

2¼ pounds ground beef
(85% lean)



Preheat the oven to 350°F.



Combine the potatoes and carrots in a large mixing bowl.



In a food processor, combine the kidney beans, eggs, rosemary, and garlic powder. Process with 6 to 8 pulses, until the kidney beans are well chopped.

Combine the egg and bean mixture with the potatoes and carrots.



Add the beef and mix thoroughly to combine. Divide the mixture evenly between two 5 by 9-inch loaf pans and bake for 1 hour 10 minutes, or until the loaves reach 155°F when tested in the center with a meat thermometer.

Remove from the heat and allow the meat loaves to cool. To add supplement stew to this recipe, divide into equal portions and spread over the top of each loaf.



YIELD: 11 cups; 330 calories per cup

DAILY PORTION

Divide into two meals, or serve one-half the daily portion per day with one-half the normal amount of dry food.

10-POUND DOG

⅔ to 1 cup

20-POUND DOG

1¼ to 1⅔ cups

40-POUND DOG

2⅓ to 3 cups

60-POUND DOG

3¾ to 4 cups

80-POUND DOG

4 to 5 cups