

BATCH PREP

Batch-Prep Egg White Garden Rice

Printable recipe guide

Ingredients and step-by-step preparation in one easy guide

INGREDIENTS

- 1 cup white rice
- 2 cups water
- 1 cup green beans, chopped and steamed
- 1 cup carrots, diced and steamed
- 1 cup egg whites (approximately 8 egg whites)

STEP-BY-STEP PREPARATION

- 1 Rinse the white rice under cold water until the water runs clear.
- 2 In a medium pot, combine the rinsed rice and water.
- 3 Once boiling, reduce the heat to low, cover, and simmer for about 18 minutes or until the rice is tender and the water is absorbed.
- 4 While the rice is cooking, steam the chopped green beans and diced carrots until they are tender, approximately 5-7 minutes.
- 5 In a separate pan, cook the egg whites over medium heat, stirring gently until fully cooked and no longer translucent.
- 6 Once the rice, vegetables, and egg whites are cooked, combine them in a large bowl.
- 7 Allow the mixture to cool before portioning.

NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: No supplement recommendation is provided.. Ask your veterinarian to select any products and exact amounts.

SAFETY CHECK

Check every ingredient and product label. Do not use onion, garlic, chives, leeks, xylitol, grapes, raisins, chocolate, macadamia nuts or added seasoning. Verify the final portion with your veterinarian before feeding. If accidental ingestion is suspected, contact a veterinarian or animal poison-control service.