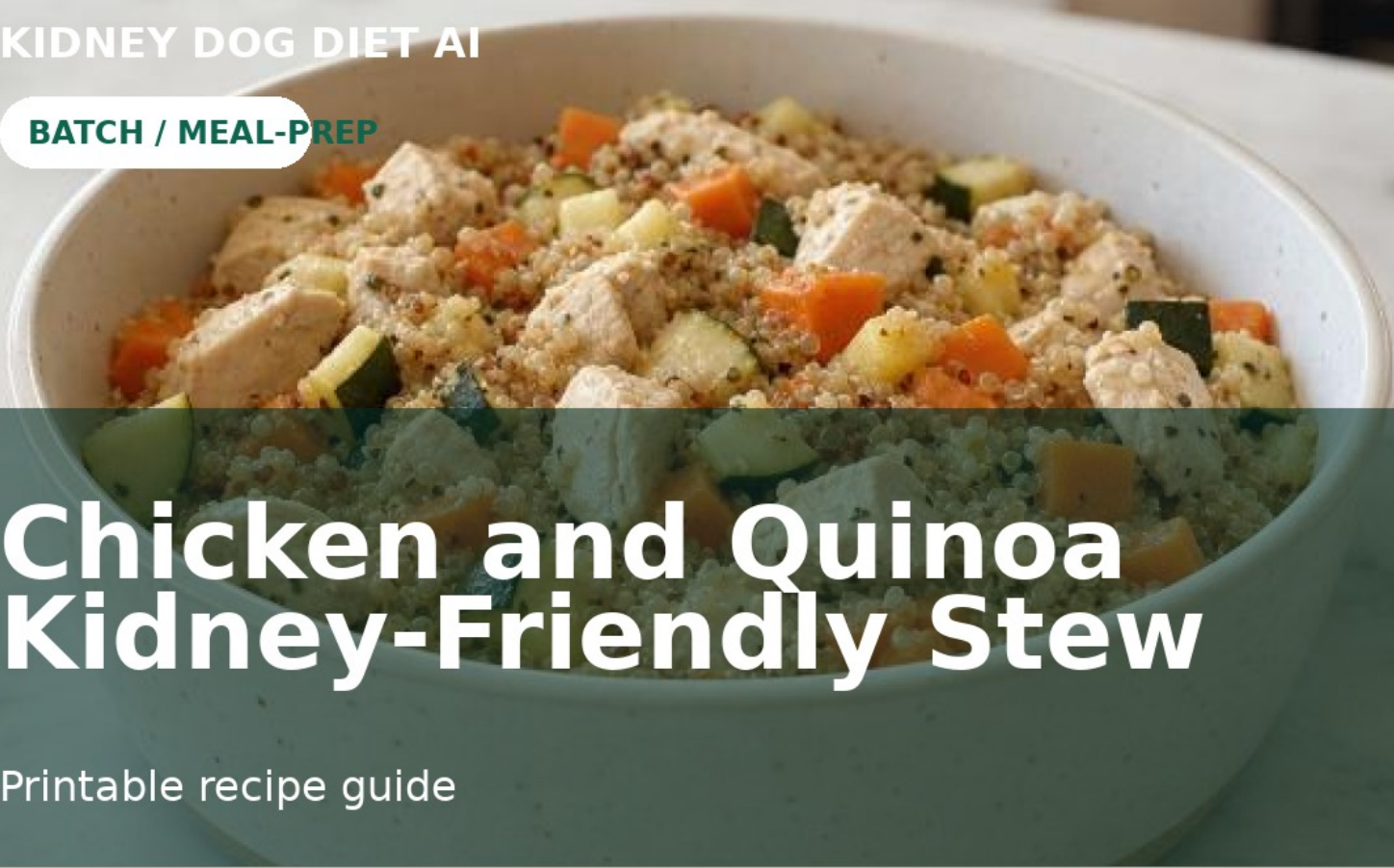




Chicken and Quinoa Kidney-Friendly Stew

Printable recipe guide

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

INGREDIENTS

- 1 lb skinless chicken breast, diced
- 1/2 cup quinoa, rinsed
- 2 cups plain water or homemade unsalted broth with no onion, garlic, chives, leeks, or added seasoning
- 1 cup carrots, diced
- 1 cup zucchini, diced
- 1 tablespoon olive oil
- 1 teaspoon dried parsley

STEP-BY-STEP PREPARATION

- 1 In a large pot, heat the olive oil over medium heat.
- 2 Add the diced chicken breast and sauté until browned.
- 3 Add the diced carrots and zucchini to the pot and stir.
- 4 Pour in the rinsed quinoa and plain water or homemade unsalted broth.
- 5 Bring the mixture to a boil, then reduce the heat to low and cover.
- 6 After 30 minutes, check the quinoa and vegetables to ensure they are cooked through.
- 7 Stir in the dried parsley before serving.
- 8 Let the stew cool completely before serving to your dog. This ensures safety and helps avoid burns.

NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: omega-3/fish oil; calcium source; B-complex. 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.