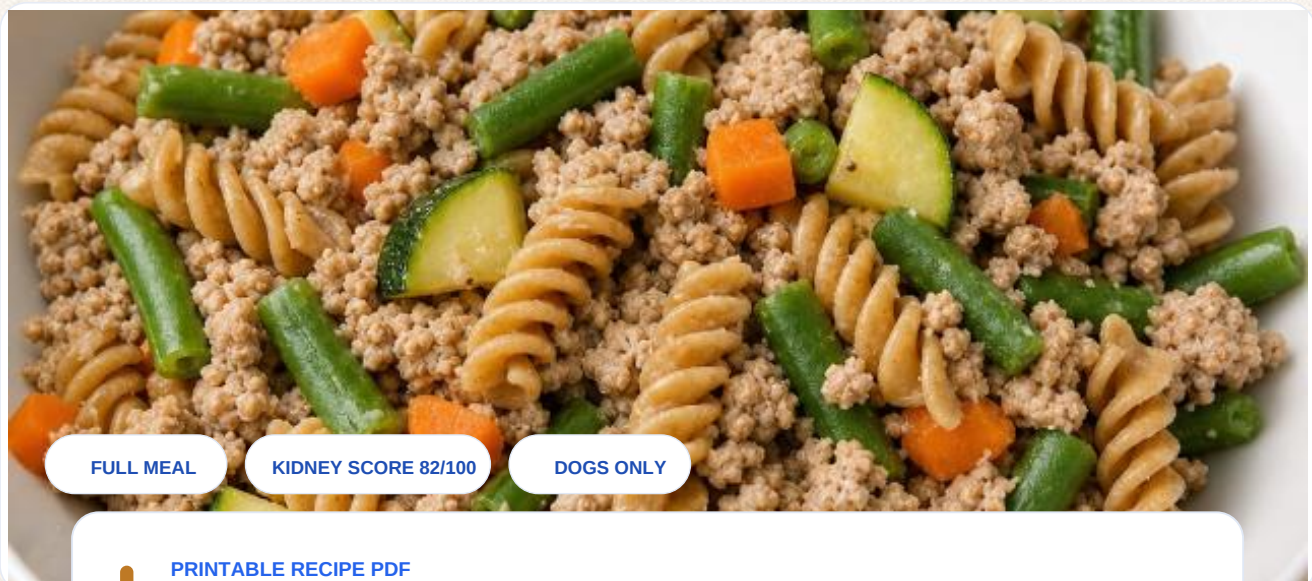


[PRINTABLE RECIPE PDF](#)

Turkey Garden Pasta with Green Beans

Turkey Garden Pasta with Green Beans is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list,

TYPE

Full Meal

COOK

30 minutes

PHOSPHORUS

0.25% (estimated)

SCORE

82/100

SHOPPING LIST

Ingredients

- 1 cup whole wheat pasta (uncooked)
- 1 lb ground turkey (lean)
- 1 cup green beans (fresh or frozen, chopped)
- 2 cups low-sodium chicken broth
- 1 tablespoon olive oil
- 1/2 cup carrots (chopped, optional)
- 1/2 cup zucchini (chopped, optional)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Turkey Garden Pasta with Green Beans is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list, step-by-step preparation, kidney-focused nutrient estimates and veterinary safety guidance. Nutrient values are estimates; confirm ingredients, portions and supplements with

IMPORTANT

This is an AI-generated educational recipe idea, not veterinary advice or a complete prescription diet. Confirm ingredients, portions and supplements with your veterinarian before feeding.

METHOD

Step-by-step instructions

1

In a large pot, bring 2 cups of low-sodium chicken broth to a boil. This broth is a great way to add moisture and flavor to the meal without adding excess sodium, which is essential for kidney health.

2

Add the whole wheat pasta to the boiling broth and cook according to the package instructions until al dente. Cooking pasta in broth helps infuse some flavor and also provides hydration.

3

While the pasta cooks, heat a skillet over medium heat and add the olive oil. Olive oil is a healthy fat option that provides essential fatty acids without overwhelming your dog's kidneys.

4

Add the ground turkey to the skillet and cook until browned and fully cooked through. Ground turkey is a good source of high-quality protein that can be gentle on the kidneys when fed in moderation.

5

Once the turkey is cooked, add the chopped green beans, carrots, and zucchini to the skillet. These vegetables are low in phosphorus and provide fiber and vitamins, supporting overall health.

6

Sauté the mixture for about 5-7 minutes, or until the vegetables are tender but still crisp. Cooking them lightly preserves some nutrients while making them easier to digest.

7

Once the pasta is done, drain any excess liquid and add it to the turkey and vegetable mixture. Stir everything together to combine all ingredients well for a complete meal.

8

Allow the meal to cool before serving. Letting the food cool is important to prevent burns and allows for safe consumption by your dog.

KEY NUTRIENT ESTIMATES

Phosphorus

0.25% (estimated)

Sodium

0.05% (estimated)

Protein

18% (estimated)

Kidney-Friendly Score

82/100**SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN**

- omega-3/fish oil
- calcium source
- B-complex

VETERINARY SAFETY NOTE

Confirm with your vet - ideally a board-certified veterinary nutritionist DACVN - before feeding.
Transition gradually and monitor your dog's response to the new food.

PERSONALIZED KIDNEY-FRIENDLY RECIPES POWERED BY AI**KidneyDogDiet.com**