MEAL IDEA

Turkey Zucchini Garden Supper

Printable recipe guide

Ingredients and step-by-step preparation in one easy

INGREDIENTS

- 1 cup ground turkey (lean, skinless)
- 1 medium zucchini, diced
- 1/2 cup carrots, finely chopped
- 1/2 cup white rice, cooked
- 1/4 cup green beans, chopped
- 1 tablespoon olive oil
- 1/4 cup water or low-sodium vegetable broth (home-made, no added salt)

STEP-BY-STEP PREPARATION

1. In a large pot, heat the olive oil over medium heat.
2. Add the ground turkey and cook until fully browned, stirring occasionally.
3. Add the diced zucchini, chopped carrots, and green beans to the pot.
4. Pour in the water or low-sodium vegetable broth, cover, and let it simmer for about 10 minutes until the vegetables are tender.
5. Stir in the cooked white rice and mix well.
6. Allow the mixture to cool before serving.

NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: calcium source; omega-3 fatty acids; vitamin or mineral supplementation. 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.