

5-INGREDIENT DOG FOOD TOPPER

with Sola Stella Extra Virgin Olive Oil

MAKES: 5-6 CUPS | PREPPING TIME: 10 MIN | COOKING TIME: 20 MIN

INGREDIENTS

- 1 lb lean Ground Beef (90–93% lean)
- 2 medium Potatoes
- 2 medium Carrots
- ½ Cup Plain Pumpkin Purée (100% pumpkin, not pumpkin pie filling)
- 1 tsp Sola Stella Extra Virgin Olive Oil

DIRECTIONS

1. **Cook the potatoes.** Peel and dice the potatoes into small cubes. Boil in plain water for 15–20 minutes until completely tender. Drain thoroughly.
2. **Prepare the carrots.** Steam or boil the carrots until soft, then chop finely or mash.
3. **Cook the beef.** In a skillet over medium heat, cook the ground beef thoroughly, breaking it into small pieces. Drain excess fat. Do not add salt, garlic, onions, or seasonings.
4. **Combine everything.** Mix the cooked beef, potatoes, carrots, and pumpkin purée in a large bowl.
5. **Add olive oil.** Once the mixture has cooled, stir in the Sola Stella extra virgin olive oil.
6. **Serve:** Let the food cool to room temperature before feeding your dog.

This recipe is not nutritionally complete for long-term daily feeding. Dogs need specific amounts of calcium, essential fatty acids, vitamins, and minerals that these five ingredients alone don't provide.
It's best used as a topper or occasional meal unless a veterinary nutritionist balances the recipe.