

Slightly Chewed

Home Made Dachshund Meals and Treats

Turkey & Sweet Potato Stew

Calories: Approx. 250 kcal per portion

Portions: Makes 2 portions (1 day for an average adult Dachshund)

Storage: Keeps 2 days in fridge, freezes well up to 1 month.

Ingredients:

- 200g lean ground turkey
- 1 small sweet potato, diced
- 1/4 cup peas
- 1/2 cup low-sodium chicken broth

Instructions:

Brown turkey in a non-stick pan until fully cooked.

Add diced sweet potato and chicken broth. Simmer 15 minutes.

Add peas and cook for 5 minutes more.

Cool before serving.

Salmon & Veggie Mash

Calories: Approx. 220 kcal per portion

Portions: Makes 2 portions (1 day for an average adult Dachshund)

Storage: Keeps 2 days in fridge, freezes up to 1 month.

Ingredients:

- 100g cooked salmon (skinless, boneless)
- 1/4 cup cooked carrots, mashed
- 1/4 cup cooked green beans, chopped
- 1/4 cup brown rice, cooked

Instructions:

Flake salmon into small pieces.

Mix with carrots, green beans, and rice.

Serve warm or at room temperature.

Chicken & Pumpkin Bowl

Calories: Approx. 200 kcal per portion

Portions: Makes 2 portions (1 day for an average adult Dachshund)

Storage: Keeps 3 days in fridge, freezes up to 2 months.

Ingredients:

- 150g cooked chicken breast, diced
- 1/2 cup pumpkin puree (unsweetened)
- 1/4 cup cooked quinoa

Instructions:

Mix chicken, pumpkin puree, and quinoa in a bowl.

Serve at room temperature.

Beef & Brown Rice Comfort Bowl

Calories: Approx. 260 kcal per portion

Portions: Makes 2 portions (1 day for an average adult Dachshund)

Storage: Keeps 2 days in fridge, freezes up to 1 month.

Ingredients:

- 200g lean ground beef
- 1/4 cup cooked peas
- 1/4 cup diced carrots
- 1/2 cup cooked brown rice

Instructions:

Brown beef in a non-stick pan, drain excess fat.

Add peas and carrots, cook for 5 minutes.

Mix with cooked brown rice and cool before serving.

Tuna & Sweet Corn Mix

Calories: Approx. 210 kcal per portion

Portions: Makes 2 portions (1 day for an average adult Dachshund)

Storage: Keeps 2 days in fridge, not suitable for freezing.

Ingredients:

- 1 can tuna in spring water (drained)
- 1/4 cup sweet corn (cooked)
- 1/4 cup cooked rice
- 1 tbsp plain Greek yogurt (unsweetened)

Instructions:

Mix tuna, sweet corn, and rice in a bowl.

Stir in Greek yogurt until evenly combined.

Serve chilled or at room temperature.

Healthy Treats

Frozen Banana Bites

Calories: Approx. 15 kcal per bite

Portions: Makes about 10 small treats

Storage: Store in freezer for up to 2 months.

Ingredients:

- 1 ripe banana
- 1/4 cup plain Greek yogurt

Instructions:

Mash banana and mix with yogurt.

Spoon into silicone moulds or ice cube trays.

Freeze until solid.

Crunchy Carrot Chips

Calories: Approx. 10 kcal per chip

Portions: Makes about 15 chips

Storage: Store in airtight container for up to 1 week.

Ingredients:

- 2 large carrots, peeled

Instructions:

Preheat oven to 150°C (300°F).

Slice carrots thinly and place on baking sheet.

Bake for 20-25 minutes until crisp, cool before serving.

Apple & Oat Bites

Calories: Approx. 20 kcal per bite

Portions: Makes about 12 bites

Storage: Store in fridge for up to 1 week or freeze up to 2 months.

Ingredients:

- 1/2 cup rolled oats
- 1/4 cup unsweetened applesauce
- 1 tbsp peanut butter (xylitol-free)

Instructions:

Mix oats, applesauce, and peanut butter until combined.

Roll into small balls and refrigerate until firm.