



LAURA'S RECIPE FOR BOW WOW MEATLOAF...YUM!

- 5 lbs of 80/20 Ground Beef or Ground Turkey
- 1 small carton of Egg Beaters or 6 Eggs
- 3 Cups of Cooked Brown Rice (Instant is okay, too)
- 1 large Can of Cooked Pumpkin or 2 large Yams, Cooked and Diced
- 1/2 Cup of Catsup (optional, but sure makes it smell and taste good)
- 1 tsp of garlic powder or 2 cloves of fresh garlic, minced
- 1 pkg. of Frozen Chopped Spinach or Broccoli

*(for puppy food, add 1 large container of cottage cheese)

1. Cook about 2 cups Brown Rice per package instructions (add 1/4 cup olive oil to the water)
2. Preheat oven to 375
3. Grease a large Lasagna pan with Olive Oil
4. Combine all ingredients in a large mixing bowl. Don't under-estimate the size bowl you will need, it's better to have a bigger bowl than one that is too small
5. Pat the meatloaf into the greased lasagna pan and cover with foil.
6. Bake for 1 hour (Bake less if the meatloaf is less than 4 inches thick)
7. Remove from oven. Keep foil on pan for at least 30 minutes.
8. Portion and wrap in plastic zip loc bags.
9. Refrigerate or Freeze