



Chihuahua Rescue Victoria

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The Chihuahua is a DOG, despite its size, and must be fed like a dog. Human food is too processed and will rot their teeth. Never feed them the following:

- Cured meats e.g. ham, salami, bacon or derivatives.
- Human milk products, esp. containing lactose.
- Potatoes, onions, grapes, garlic.
- Anything with high salt/sodium content.
- Cat food, wet or dry food. These can have a toxic effect on many dogs but especially on very small dogs and over a period can be the cause of major liver and kidney problems resulting in death.
- Cooked bones of any sort as they splinter and can cause major damage to a dog's intestines, or kill.

Chihuahua Stew

We were introduced to a very simple version of stew in 1987 by an elderly lady who made a meat, vegetable and rice mixture to feed the little stray dogs and cats that were forever hanging around her back doorstep. She told us that she could afford to feed many starving dogs and cats much more cheaply than buying cans of food.

We prefer to feed our dogs this Chihuahua Stew (over other processed foods) because we know exactly what is in it.

If your dog is allergic to grain, see the Grain Free Stew recipe.

Before you start

The vegetable mix we usually use is: carrots, celery, pineapple, green beans and broccoli. You can use whatever vegetables you have on hand really, but never use potato, onion or garlic.

Ingredients

- 1/2 kg minced beef
- 1/2 kg chopped beef
- 2 cups pasta (any sort)
- water to cover

- 1 cup of rice
- 2 cups of chopped pumpkin or sweet potato (or half and half)
- 1 egg (*optional*)
- 3 biggish carrots, roughly chopped up
- 2 sticks celery, roughly chopped up
- 1/4 small pineapple, roughly chopped up
- 1/4 cup green beans, roughly chopped up
- 1/4 cup broccoli, roughly chopped up
- 1 x 125 gram tin of sardines in oil

The stew can be served with these.

- Some raw minced beef.
- Some cooked chopped chicken.

Cooking instructions

1. Chop up the carrots, celery, pineapple, green beans and broccoli roughly, i.e. into big pieces.
2. Take the carrots, celery, pineapple, green beans and broccoli and put them in a blender with the sardines.
3. Blend them together **for a very short time** until you have a roughly chopped mixture, **not** a fine paste.
4. Chop pumpkin and sweet potato.
5. Blend pumpkin and sweet potato together **for a very short time** until you have a roughly chopped mixture, **not** a fine paste.
6. Put the beef, pasta, pumpkin, sweet potato, spinach and water to cover in a big pot. Heat until the mixture comes to boil.
7. If using egg, beat the egg (stir it quickly to break it up into a smooth light yellow mixture) while the rest is coming to boil.
8. Once the mixture has started to boil, add the rice.
9. If using egg, add in the beaten egg now.
10. Keep on a low boil until thickened and the rice is almost cooked.
11. Turn off the heat and add the raw vegetable and sardines mixture.



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12. Allow the mixture to stand until cool before refrigerating or freezing.

Storage

In the fridge, the stew should be OK for three days.

The stew can easily be kept frozen for a month, but not much more than that. We suggest putting a sticker on the container and label it with the date you prepared the food so you will know if it has been kept for too long. Discard old frozen mixture.

Feeding instructions

Optionally, top the stew with a level tablespoon of raw beef and a level tablespoon of chopped, cooked, chicken meat. You can do this with each meal or infrequently: two or three days a week is fine.

If the dog does not eat their food within half an hour, take away the bowl, cover it with glad wrap and refrigerate it. You can then offer the same dinner again in the evening. They may test you for up to 24 hours before eating, but they will eat it and soon they will love it!

Serving sizes are very much up to your own judgement for how much your dog needs. Never over-feed them.

For the smallest Chihuahuas, maybe 1/4 cup is sufficient for a single meal, up a cup for the largest Chihuahua.

Feeding once a day is good for standard Chihuahuas in good health. For tiny little dogs (less than 1.5 kg) then twice a day ok. Very skinny dogs can have two feeds a day until they build up a bit.

Grain Free Stew

Recently we have noticed that little dogs, like many humans, are experiencing more allergies than ever before. The most common allergy experienced by dogs seems to be grain related. In response to this, here is a modified version of our Chihuahua Stew that removes all grain products such as rice and pasta and replaces them with buckwheat.

Before you start

The vegetable mix we usually use is: carrots, celery, pineapple, green beans and broccoli. You can use whatever vegetables you have on hand really, but never use potato, onion or garlic.

Ingredients

- 2 x 500 gram packets of raw buckwheat
- 2 kg minced beef
- 1 egg, beaten. The egg is optional.
- water
- 1 packet of 250 gram frozen spinach
- 2 cups of chopped pumpkin or sweet potato (or half and half)
- 3 biggish carrots, roughly chopped up
- 2 sticks celery, roughly chopped up
- 1/4 small pineapple, roughly chopped up
- 1/4 cup green beans, roughly chopped up
- 1/4 cup broccoli, roughly chopped up
- 1 x 125 gram tin of sardines in oil

Cooking Instructions

1. Place Buckwheat in a big saucepan or heat safe dish and cover with very hot or boiling water. Leave it to soak for an hour.
2. Chop up the carrots, celery, pineapple, green beans and broccoli roughly, i.e. into big pieces.
3. Take the carrots, celery, pineapple, green beans and broccoli and put them in a blender with the sardines.
4. Blend them together **for a very short time** until you have a roughly chopped mixture, **not** a fine paste.
5. Chop pumpkin and sweet potato.
6. Blend pumpkin and sweet potato together **for a very short time** until you have a roughly chopped mixture, **not** a fine paste.
7. Place the meat, pumpkin, sweet potato and spinach in big pot and barely cover with water. Bring to boil.



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8. If using egg, beat the egg (stir it quickly to break it up into a smooth light yellow mixture) while the rest is coming to boil.
9. When the meat, pumpkin, sweet potato and spinach are boiling, lower the heat to keep it on a low boil.
10. If using egg, add in the beaten egg now.
11. Add the buckwheat and stir to mix well.
12. Stir as needed until the buckwheat becomes really soft.
13. Turn off the heat and add the raw vegetable and sardines mixture.
14. Stir thoroughly until well combined.
15. Allow to cool before putting into containers for freezing.

Storage

In the fridge, the stew should be OK for two days, but seems to off quickly after that.

The stew can easily be kept frozen for a month, but not much more than that. We suggest putting a sticker on the container and label it with the date you prepared the food so you will know if it has been kept for too long. Discard old frozen mixture.

Feeding instructions

Optionally, top the stew with a level tablespoon of raw beef and a level tablespoon of chopped, cooked, chicken meat. You can do this with each meal or infrequently: two or three days a week is fine.

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twice a day ok. Very skinny dogs can have two feeds a day until they build up a bit.

Please remember that the grain free stew has very little carbohydrates, so some very active little dogs may require a small dot of Manuka honey on top of their stew each day.

Bone Broth

This is a diet supplement. Essentially what we are doing is boiling the goodness out of the bones and in to a liquid which we feed to the dogs.

Before you start

Before you start, consider the following.

- You will need a heavy duty big pot. I use a five litre camp oven.
- Regarding the selection of bones: they should not be marrow bones. They should be beef neck bones or lamb neck bones.
- Chicken necks can be bought at many supermarkets.
- Use at least three raw chicken feet. Most chicken shops and butchers carry them or can order them in for you. I buy a bag full and freeze them.
- Have muslin material or a very fine sieve ready to use PLUS a coarser sieve as well.

Ingredients

- 6 - 10 chicken feet
- 5 - 6 chicken necks
- 1 chicken carcass broken up
- 4 - 6 smallish beef or lamb bones cut up in to smaller pieces.
- 3 tablespoons of Apple Cider Vinegar in a five litre mixture (so depends on the size of your pot).
- 1 carrot cut in slices
- 1 stick of celery cut in slices
- Enough water to cover



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Cooking Instructions

1. Fill your pot up to three quarters full with the bones.
2. Add one carrot cut in slices, a stick of celery cut in slices and the 1/2 cup of Apple Cider Vinegar.
3. Cover the lot with water, four or five centimetres above the level of the bones. Put a lid on the pot and allow to sit for half hour.
4. Put the pot on a lit stove top and bring to boil on high for ten minutes. Remove any scum with a large spoon and discard.
5. Reduce to the lowest heat possible and let it simmer away for eight to twelve hours depending how low you can get the heat. The water should be barely moving in the pot and definitely **not bubbling away**.
6. **Alternative.** We have a gas oven so usually put the pot *in the oven* on the lowest heat and leave it all night.
7. You may need to remove more scum from time to time during the first two hours (stove or oven).
8. Check every now and then to ensure the water is not evaporating too quickly (stove or oven). Add more water if it drops below the top of the bones.
9. Turn off the heat and take out all bones. They should be discarded. **Do not feed these to your pets!**
10. Strain the broth through a coarse sieve to remove all the larger pieces of meat and bones that you cannot pick out by yourself. Discard the bone and meat strained off.
11. Strain the broth a second time, this time through muslin material or a very fine sieve to remove all the smallest meat and bone particles left in the mixture. Discard the bone and meat strained off.
12. Allow the broth to cool on your bench top.
13. Put it in the refrigerator to set for at least five hours. When set, it will look like a jelly rather than a liquid.

14. Once set, there will be a fatty type layer on top. Take this off and discard it. The rest will be a brownish jelly and ready to use.

Storage

From the fresh batch just made, take out a cup's worth and keep it in the fridge in a small plastic container. Refrigerated, the broth will only keep for three or four days, so do not use it beyond that.

The remainder can be divided up into smallish containers and frozen. This material should not be kept in a freezer longer than six months. We suggest putting a sticker on the container and label it with the date you prepared the food so you will know if it has been kept for too long. Discard frozen broth older than six months.

When choosing containers to freeze the broth in, keep in mind that the larger Chihuahuas should only get one teaspoon a day, and the broth won't last in the fridge more than three to four days.

Feeding instructions

As mentioned earlier, I freeze the jelly in smaller containers as the jelly will only keep for a few days in the fridge.

Introduce this to your dogs for the first time in very small amounts because it will go through them real quick! Just give them a taste on the first day: a quarter of a teaspoon once a day for the next two days. If they get loose bowels (diarrhoea or runny, liquid poo) then stop for a day.

From the fourth day onwards, if they have experienced no negative side effects, increase the amount you give them by another quarter teaspoon every two days. Do not go above half a teaspoon each day for tiny Chihuahuas, while the larger Chihuahuas can have a level teaspoon each day.

Each morning give them one small teaspoon of jelly (or microwave it until melted) and add it to their normal food. After a while you will notice their coats become glossy and healthy and their general health is greatly improved.