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Tendon Soup for Dogs and Cats

This recipe makes a rich soup that nourishes tendons, ligaments and cartilage.

Ingredients:

2 – 4 hooves +/- tendons attached or just tendons (beef, lamb, goat , pork only if non other available).
If you can't get hooves, you can get shanks or the part of the leg bone just above the hooves.

Mixed root vegetables: yucca best but can also use turnip, rutabaga, tumeric etc.

Soya sauce or Tamari..."a big splash of it"

Optional Spices (that help your pet digest the broth) – Ginger, garlic (fine in small amounts like several cloves per batch of food), cinnamon

Directions:

Cover the hooves and roots in water and bring to a boil. Reduce heat to a low simmer for 4 to 12 hrs....the longer the better. Skim off the "scum" that forms on top early in the boil/simmer process. If adding spices or other flavouring, do so after skimming off this foamy layer. You want to simmer it long enough that, when it cools, it is kind of gelatinous.

You may use a crockpot or pressure cooker as well and sometimes, you need to add more water. Strain the broth after cooking.

You can keep it in the refrigerator or pour into ice cube trays for easy freezing and thawing.

Feed as a top dressing on food .