

Dr. Tracey's VEGGIE GLOP

Vegetables are full of many helpful phytonutrients, vitamins and minerals but not many pets like to eat them. And, many of the good phytonutrients found in common vegetables aren't necessarily available to dogs and cats unless they are slightly cooked or processed. Veggie Glop is a way to get all sorts of veggies into your pet AND, it helps divert all that veggie waste that would normally go in to the garbage.

All vegetables can be used except onions, garlic in large amounts and no avocado pits. I strongly recommend thorough washing of veggies (even the discarded bits you are now going to use) as we don't want any pesticide and herbicides in our glop.

Through the week hang on to all those veggie scraps you would otherwise toss like::

- Chopped ends of carrots, celery, broccoli, Brussel sprouts and other veggies
- The rest of the parsley you needed for that one recipe and the rest is just sitting in the crisper
- Those veggies that are getting a little soft or wrinkly after sitting too long in your crisper and you don't want to use them for yourself
- The green veggies that are turning a little brownish but aren't yet bad
- The tops off the strawberries you cleaned, heck, why not throw in some of the carrot tops too
- The core you've cut out of the cauliflower, the ribs from the kale, etc. etc
- I think you get the picture

When you've collected enough veggie "waste" or "trimmings", put them all in a pot and add enough water that covers approximately 1/3 to 1/2 of the veggies. Bring to a boil, and simmer gently just long enough that when you then take all the veggies, AND the water they've been simmering in, and put them in a blender, they puree into a nice 'glop-like" mixture. Add some salt, and taste it for yourself – its often not bad!

Other things you can then add if you want:

Kidney beans, black beans or any other beans, nutritional yeast flakes, bit of apple cider vinegar, hummus, chicken or beef broth....you name it, get creative.

Keep it in the fridge for up to a week and, at meal times pour a little, or a lot, over your pet's regular food.