



Yin and Qi Stew



Yield: 6 Quarts (fills a 6 quart crock pot)

Prep Time: 20 minutes

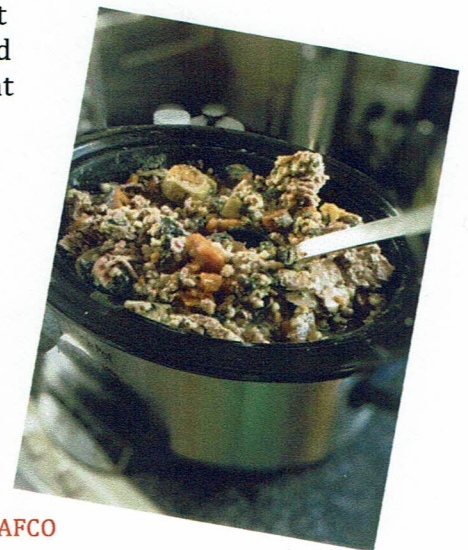
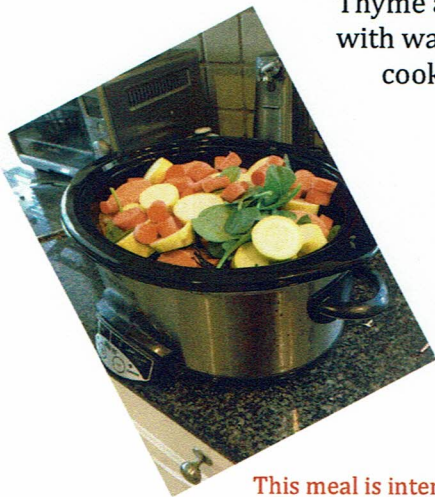
Serving size: ½-1 cup per 20 lbs. Substitute ½ cup stew for ¼ cup dry food

Ingredients

2.5lbs	Lean Ground Turkey	2 medium	Squash
2lbs	Chicken Livers	2 medium	Carrots
½ cup	Mung Beans, dry	6oz	Spinach, fresh
½ cup	Pearl Barley, dry	1Tbs	Thyme
1 cup	Kelp, dry	4 cloves	Garlic, fresh
1 medium	Yam (Sweet Potato)		

Directions

Rough chop yam and vegetables. Do not peel, discard stems. Mince garlic. Place turkey and liver in bottom of crockpot. Layer barley, mung beans and kelp on top of meat. Layer yam slices, then squash and carrots. Put in garlic, Thyme and salt and pepper to taste. Fill pot with water to ¾ full. Put spinach on top and cook on low either 8-10 hours. Mix meat



This meal is intended for supplemental or intermittent use. Calcium and micronutrient levels are not balanced based on AAFCO recommendations.