

ARF'S GERMAN SHEPHERD RESCUE COOKBOOK



VOLUME III



TUMMY TROUBLE SOOTHING STEW!!

1 Quart Water, 1 cup uncooked white rice (not instant rice) and 1 lb of either boneless skinless chicken breasts or 1 lb of ground beef (cooked and grease drained off).

In 3 qt saucepan bring two cups of water to boil over high heat. Add rice and reduce heat to med/low; cover and cook for 15-20 minutes until all liquid has been absorbed. Rice should be tender. Bring remaining water to boil in shallow pan. Add the chicken or beef and cook 15 - 20 minutes until cooked/warmed thoroughly. Cut chicken in bite size pieces, combine with rice and serve. Best served in 4-6 small meals during the day.