



 **PURINA**[®]

Beneful[®]
brand DOG FOOD

Bowls

COOKBOOK

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Naturally delicious meals for you inspired by your dog's favorite Beneful recipes.



Nourishing meals
made from real ingredients
real meat + whole grains + fruits + vegetables

Living a balanced life starts with eating balanced meals. And with every Beneful recipe, you can count on a well-balanced bowl for your dog.

That's why we're inviting you to create your own bowl inspired by the real ingredients in your dog's favorite Beneful recipe.

Starting with real salmon, beef, or chicken and adding energy-fueling whole grains and natural fruits or vegetables, you can taste for yourself how delicious (and nutritious!) real ingredients can be.

So, build your bowl as you give him his Beneful—a special mealtime moment and a variety of wholesome ingredients is just two bowls away.

When you share a meal, you share a moment.

Share a bowl with Beneful.

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Bowl inspired by
Beneful Originals With Beef

COOK TIME: 30 minutes • **SERVES:** 2

Beef Bulgogi Bowls

Ingredients:

- 1 pound beef sirloin, thinly sliced
- 1 cup cooked short-grain rice
- 2 cups fresh spinach leaves
- 1 cup frozen peas
- 1 cup carrots, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey or brown sugar
- 1 tablespoon rice vinegar
- 1 tablespoon sesame seeds (optional)
- Salt and pepper to taste

INSTRUCTIONS:

1. In a mixing bowl, combine the minced garlic, soy sauce, sesame oil, honey or brown sugar, rice vinegar, and a pinch of salt and pepper. Whisk the marinade until well combined.
2. Add the thinly sliced beef to the marinade, ensuring all the slices are coated. Let it marinate for 20 minutes in the refrigerator.
3. Heat the vegetable oil in a large skillet or wok over medium-high heat.
4. Add the marinated beef to the hot skillet and stir-fry for about 4-5 minutes until the beef is cooked through and nicely browned. Once the beef is cooked through (145°F), remove the beef from the skillet and set it aside.
5. In the same skillet, add the frozen peas and carrots. Stir-fry for 2-3 minutes until the vegetables start to soften.
6. Add the spinach leaves to the skillet and cook for another 1-2 minutes until wilted.
7. Top a bowl of rice with the beef bulgogi mixture and the vegetables.
8. Sprinkle sesame seeds.



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HEALTHY FOOD





Bowl inspired by
Beneful Originals With Salmon

COOK TIME: 30 minutes • **SERVES:** 4

**Foil-Baked Lemon & Dill Salmon
with Sweet Potatoes, Carrots, Green Beans and Rice**

Ingredients:

For Lemon & Dill Sauce:

1/4 cup + 1 tablespoon
extra virgin olive oil

1 lemon, juiced

1 lemon, sliced

2 cloves garlic, minced or grated

1 tablespoon fresh dill, chopped

2 teaspoons smoked paprika

Kosher salt and fresh ground pepper
(to taste)

2 small sweet potatoes, thinly sliced

4 large carrots,
peeled and thinly sliced

12 ounces fresh green beans

4 6- to 8-ounce salmon fillets, skinned

Kosher salt and fresh ground pepper

Cooked jasmine rice

INSTRUCTIONS:

1. Preheat the oven or grill to 400°F.
2. Lay out 4 large pieces of aluminum foil and brush the centers lightly with 1 tablespoon of olive oil.
3. Make the lemon and dill sauce by stirring together the 1/4 cup of olive oil, garlic, lemon juice, dill, smoked paprika and salt and pepper to taste.
4. Layer the center of each sheet of foil with 3-4 sweet potato slices. Season with salt and pepper to taste.
5. Place a piece of salmon over the sweet potatoes. Brush the lemon and dill sauce on each piece of salmon until fully coated and top with lemon slices. Place carrot slices and green beans on top of the salmon and lemon slices, seasoning the veggies with salt and fresh ground pepper to taste.
6. Fold the foil around the salmon and vegetables to make a sealed packet. Place on a rimmed baking sheet if using the oven, or place directly on the grill. Bake until the potatoes are tender and the salmon is cooked through (145°F), about 18 minutes, turning once midway.
7. Serve with cooked jasmine rice.



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HEALTHY FOOD





Bowl inspired by
Beneful Healthy Weight With Chicken

COOK TIME: 35 minutes • SERVES: 4

Chicken Apple Sausage & Rice

Ingredients:

- 2 tablespoons olive oil
- 4 3 oz chicken apple sausages, sliced into bite-sized pieces
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 cup Arborio rice
- 1 teaspoon smoked paprika
- 3 cups chicken broth
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 1 cup carrots, diced
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. Heat the olive oil in a large, deep skillet or paella pan over medium heat. Add the chicken apple sausage and cook until browned and it reaches an internal temperature of 165°F.
2. Remove the sausage from the pan and set aside. In the same pan, add the diced onion and minced garlic. Sauté until the onion becomes translucent and the garlic becomes fragrant, about 2-3 minutes.
3. Stir in the Arborio rice and smoked paprika. Cook for another 2 minutes, stirring constantly to coat the rice in the spices.
4. Pour in the chicken broth and bring the mixture to a boil. Reduce the heat to low, cover the pan, and let it simmer for 10 minutes.
5. After 10 minutes, add the green beans and carrots to the pan. Stir well to combine.
6. Cover the pan again and let it simmer for an additional 10 minutes, or until the rice is tender and the vegetables are cooked.
7. Once the rice is cooked and the vegetables are tender, return the cooked chicken apple sausage to the pan. Stir to combine all the ingredients. Season with salt and pepper to taste.
8. Remove the pan from heat and let it rest, covered, for a few minutes to allow the flavors to meld together. Garnish the paella with freshly chopped parsley before serving.



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Bowl inspired by
Beneful IncrediBites With Beef

COOK TIME: 20 minutes • **SERVES:** 3

Beef Fried Rice

Ingredients:

2 cups cooked white rice, chilled

Tip: This is a great way to use leftover rice :)

2 tablespoons vegetable oil

8 ounces sirloin steak, cut into thin strips

1 medium carrot, peeled and diced

1/4 cup frozen peas

1/4 cup frozen corn

3 tablespoons garlic butter

2 large eggs, lightly beaten

2 tablespoons soy sauce

2 tablespoons sesame oil

Salt and pepper to taste

Green onions, chopped (for garnish)

INSTRUCTIONS:

1. Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the sirloin steak and cook until cooked through (145°F). Remove the sirloin steak from the pan and set aside.
2. In the same pan, add another tablespoon of vegetable oil and the diced carrot, peas, and corn. Cook for about 5 minutes, or until the vegetables begin to soften.
3. Push the vegetables to one side of the pan and pour the beaten eggs into the empty space. Allow the eggs to cook for a few seconds until they start to set, then scramble them with a spatula.
4. Add the chilled cooked rice to the pan with the garlic butter and mix to incorporate everything evenly.
5. Stir in the cooked sirloin steak, soy sauce, and sesame oil. Mix everything together until well combined. Cook for an additional 3-4 minutes, or until all the ingredients are heated through.
6. Season with salt and pepper to taste. Remember to go easy on the salt if your soy sauce is already salty.
7. Remove from heat and garnish with chopped green onions.



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