The Saheeh International Quran Translation

وَذَلَّكْنَاهَا لَهُمْ فَمِنْهَا رَكُوبُهُمْ وَمِنْهَا يَأْكُلُونَ

And We have tamed them for them, so some of them they ride, and

some of them they eat.