

# Simple Rice/Bean Cook Mix for Birds

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*There are a number of ways to combine and cook different ingredients. A basic recipe that I use, which can be cooked in the microwave, cooled, and then frozen in trays or baggies, is the following which makes 2 batches, depending on the size of cooking bowl. Other seeds/grains could be added to this, as desired. The basic cooking instructions are the same.*

## Dry Ingredients

- 2 cups rice
- 1/2 cup lentils
- 1/2 cup split peas
- 1/2 cup pearled barley
- 2 T dried red pepper flakes
- 1/2 tsp. ea. powders: cinnamon, garlic, ginger
- 1 T. Italian seasoning (herbs only, no salt)

## Wet Ingredients (optional)

- 1 cup thawed frozen veggies (per cooked batch)

## Cooking Instructions

- (1) In large pyrex bowl (at least 2 quart), add 2 cups (or half) of above dry ingredients and add water to cover about 2" over the top of the mix.
- (2) Cook on high in microwave for 15 minutes, stir
- (3) Add 1/2 cup water if it has absorbed most of it, and cook an additional 5 minutes. [You could add wet ingredients--thawed frozen veggies or chopped veggies at this point too and add a couple of minutes of cooking time as it has to heat up again.]
- (4) Take out of microwave, stir, add 1/2 cup water if it has soaked up all.
- (5) Let cool--it should absorb the water.
- (6) Stir, and put into whatever size containers you want to store it in and freeze.

For me, this makes three days worth for all my birds when I am feeding it, and I just put the pyrex bowl in the refrigerator (with a lid on it), feed 1/3 one day, etc.

## Feathered Companions Aviary

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