Recipes

Ravengypsy World Famous Budgie Bean Soak

RAVENGYPSY'S WORLD FAMOUS "BUDGIE BEAN SOAK"

Ingredients:

1/2 cup dried split peas*
1/2 cup dried lentil beans*
1/2 cup dried small white beans*
1/2 cup dried navy beans*

*Note: you can also substitute the above with 3 cups of basic dried "bean soup mix" but do not use any that have added seasoning or sauces.

1/4 cup wild rice
1/4 cup dried popcorn kernels (un-popped, not microwave type!)
2 boiled eggs (smashed with shell crushed for added calcium)
1/2 cup frozen mixed vegetables (peas, carrots)
1/4 cup raisins
1/2 tsp apple cider vinegar
1/2 tsp cod liver oil
1 cup bird seed of choice
1 cup chopped fresh parsley (or non-toxic herb of choice)

(Feel free to improvise with any other healthy ingredients your bird enjoys when available)

Cooking Directions:

Place dried beans, rice and popcorn in a container with approx 2 cups of water. Cover and soak overnight (6-12 hours). After soaking, drain mixture & rinse. Put in a pot and cover about 1-2 inch's over with warm water. Cover and boil for 20 minutes, then rinse.

Separately boil 2 eggs. Mash the eggs into a nice crumble with the shells crushed. Mix the bird seed with the apple cider vinegar and cod liver oil together well, ensuring a nice coating on all the seeds. Add the mashed eggs, bird seed, frozen veggies (thawed), raisins, and fresh herbs to the cooked bean mix and allow mixture to cool before serving.

Storage:

Store any extra cooked mix in the freezer using old egg cartons, ice trays, or freezer bags. When ready to serve, remove the amount needed and allow mixture to thaw. You can optionally add dehydrated or fresh fruit/veggies to the mixture prior to serving. I usually add chopped spinach leaves, copped broccoli, grated carrots and diced apples when available.

You can store the thawed mixture in refrigerator for up to 3 days. Any unused/unrefrigerated mixture should be discarded after 8-10 hours. I usually place in cage in the morning and remove mid-evening to allow birds enjoyment for their morning and early-evening feeding times.

Note: This is a high-protein, low-fat meal that can be served in addition to a bird's normal daily diet of seed/pellet mix. It should not replease their normal food!

Unique solution ID: #1170
Author: n/a
Last update: 31-Aug-2008 15:17

© 2026 Budgerigar Breeders Club Inc. <webmaster@budgiebreeders.asn.au> | 20-Nov-2026 23:12
URL: https://faq.budgiebreeders.asn.au/content/9/265/en/ravengypsy-world-famous-budgie-bean-soak.html