

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 navy beans*
1/2 cup dried small white beans*
1/2 cup dried lentils*
*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, or microwave type)
1/2 cup frozen mixed vegetables (peas, carrots)
1/2 cup frozen green beans
1/2 cup apple cider vinegar
1/2 cup olive oil
1 cup bird seed of choice
1/2 cup dried 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 (8-12 hours). After soaking, drain mixture & rinse. Put in a pot and cover about 1-2 inches over with warm water. Cover and boil for 20 minutes, then rinse.

Separately boil 1 egg. Mash the egg into a nice crumble with the shells crushed. Mix the bird seed with the apple cider vinegar and cold liver oil together well, ensuring a nice coating on all the seeds. Add the mashed egg, 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, chopped 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 a 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 replace their normal food.

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