Recipes

Egg and Veggie Casserole

I made this myself:

1 boiled potato with skins off (until soft, easier to take it off that way)
1 cup of rice
Toss in a handful of broccoli
1 cup of corn
1 egg

Boil all of them in different pans. Drain rice, corn, and broccoli. Cut the potato, corn, broccoli, and egg into beak-sized pieces. Mix it up with the rice. Let it sit in the refrigerator until it cools, then spoon over regular food. My birds go nuts over this! They love it!!!

Posted by Woodycloud013

Unique solution ID: #1179
Author: Elly
Last update: 02-Sep-2008 10:25

© 2026 Budgerigar Breeders Club Inc. <webmaster@budgiebreeders.asn.au> | 21-Nov-2026 20:53
URL: https://faq.budgiebreeders.asn.au/content/9/274/en/egg-and-veggie-casserole.html