

Beans & Rice

25 oz bag of 13 or 15 bean mix

One 16 oz bag of long grain natural brown rice

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One 2lb package of frozen mixed vegetables (corn, carrots, green beans, peas)

Wash and rinse beans. Soak overnight, rinse, cover with water and simmer uncovered for 1 ½ hrs.

Watch closely since it can boil over easily. Add vegetables to beans at the end of the cooking time.

Simmer 5 minutes and drain through a colander.

While beans are cooking, cook the rice in a separate pan in water until absorbed. Do not cook with the beans since it turns into a mush, which the birds will not eat.

Combine beans and vegetables with rice and mix. Cool. Put 2 cups mix into 1 quart freezer bags.

Flatten, remove as much air as possible and place in freezer.

To serve, break off an appropriately sized chunk. Other frozen vegetables can be added. Place in water and heat in microwave until warm, not hot. When thawed, drain off water. Serve to your lucky bird(s).