

## Beans, Grain, and Pasta Mix

2 cups unpopped popcorn  
½ cup red beans  
½ cup white beans  
½ cup garbanzo beans  
½ cup dried peas  
½ cup brown rice  
½ cup pasta of your bird's choice  
1 cup diced fresh carrot

Soak popcorn two days and beans and peas for one day, changing the soak water every eight hours.

Cook popcorn for one hour in lots of water in a big covered pot

Add beans and peas. Cook 15 minutes.

Add rice, cook 10 minutes. Add pasta and carrots, cook 5 minutes.

Drain, cool, bag and freeze.

Serves a crowd for a month

Stays semi-hard. Our birds don't like mushy food, like canned beans. You can dress it up with other veggies, add peppers to the pot or change the pasta types.