



## **Bean & Pasta Mix**

### **1 Cup each:**

- dried white beans
- dried dark beans
- dried garbanzo beans
- dried whole corn
- dried whole peas
- uncooked barley
- uncooked brown rice

### **¼ Cup each:**

- uncooked rainbow rotini pasta
- uncooked salad macaroni
- uncooked orzo pasta

### **½ Cup:**

- mixed frozen vegetables

### **½ Teaspoon chili pepper flakes**

### **1 Tablespoon cinnamon**

Mix all ingredients and bring to a boil in a LARGE pot with plenty of water.

Once it begins to boil, lower heat and simmer, stirring often just until pasta is cooked, but still firm.

Drain and rinse well with cold water. The cold water will stop the cooking process and prevent it from turning mushy.

The harder ingredients (beans, corn and peas) will still be fairly hard, but the birds prefer it that way.

Freezes very well. Can be frozen in bags or freezer safe containers (3 days worth in each).