

Top Bird Food Recipe: Benner's Stuffed Peppers

A Bird Talk reader shares his birds favorite bird food recipe

Russel T. Benner of Florida says that his birds love the variety of food and flavor of this recipe.

Recipe Ingredients:

- 1 small green bell pepper
- 2 ounces chopped chicken, cooked well done
- 1/4 cup lima beans, peas or mixed vegetables
- 1/4 cup shredded carrots, cucumber skins, potato skins or a mixed combination
- 1/4 cup bird food (whatever your bird eats daily/no large pieces)
- 1/4 cup low sodium chicken gravy or tomato soup

Recipe Instructions:

1. Pre-heat oven to 325 degrees.
2. Cut off the top off the pepper and clean out the seeds – creating a small "bowl."
3. In a bowl, mix the remiaining ingredients well and spoon into the pepper halve.
4. Place the pepper halves into a glass/pyrex baking dish and cook in the oven for 10 minutes. This will help distribute flavors and soften the vegetables. Do not over-cook.
5. Remove the peppers from oven and let cool before serving.
6. Slive pepper in 1/2-inch slices from top to bottom. This will make it easier for your bird to pull the pepper apart and get to the food mix inside.
7. Place suffed pepper in bird's food bowl and serve.

*For smaller birds you can prepare this recipe by chopping the pepper into small pieces and mixing them in with the other ingredients. Offer your bird a serving proportionate to its normal feeding amount. Place the rest of the mixture in the refrigerator and serve it to your bird throughout the week.

Storage:

Benner prepares up to eight Stuffed Peppers at a time for his umbrella cockatoo and blue-and-gold macaw. After serving one pepper half to each of his birds, he freezes the remianing peppers and serves them as treats once a week. He makes a human palatable version of the recipe for himself and joins his birds as they dine on stuffed peppers. "They will investigate my dinner, and I make believe we are sharing," Benner said. "I keep an extra spoon handy to scoop some food from their peppers to feed them, as if they are getting some of mine."

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