



## Another Batch of Chop

The first recipe listed out step-by-step methods of how I made Chop. Since then I've made several batches and it gets easier. I like to make smaller batches that are easier to mix and quicker for me to make up at one time. I'm feeding 6 parrots and I got enough out of this batch for a little over 3 weeks worth of meals feeding each parrot about 1/3 cup. This is just a guide to help you get started making your own chop. You can use any grains and vegetables you find in grocery or in season at local farmers markets.

### Cooked Grains—6 cups

Some suggestions for grains: Spelt; Kamut; Wheat Berries; Rye; Barley; Oat

### Chopped Greens—6 cups

Some suggestions for greens: Kale; Swiss Chard; Turnip; Mustard; Collard; Dandelion; Cilantro;

### Chopped Raw Vegetables—18 cups

Some suggestions for vegetables: Broccoli; Carrots; Butternut Squash; Chayote, Yellow or Zucchini Squash; Bell (red, yellow & green), Anaheim, Poblano Peppers; Bok Choy; Snow or Sugar Snap Peas; Anise or Fennel; Jicama; Parsnips; Brussels Sprouts; Cauliflower

### Dry Ingredients—2 cups

Some suggestions for dry ingredients: Quinoa Flakes; Rolled Oats; Quick Cooking Oats; Barley Flakes;

### Cooked Beans—5 cups

Some suggestions for cooked legumes (beans): Garbanzo; Pinto; Navy; Adzuki;

### Optional Items I added were:

1/3 cup Chia seed  
1/2 cup Hulled Millet  
1/2 cup ground Flax seed

Mix them all together and you have CHOP! I mixed mine in a 19 gallon plastic tub.