

The Season for Sharing.....

Recipes for enjoying watching the birds with good food & good company!

Chili with Chickadees

Enjoy your lunch while the Chickadees (and other birds) enjoy theirs!



Susan's Hearty Chili Con Carne (for the humans):

from the *Bluebirds Across Nebraska Cookbook* page 19

Visit the BAN website at: www.bbne.org—this Bluebird organization has been a great friend to the Missouri Bluebird Society (www.missouribluebird.org) and, as officers for the Missouri Bluebird Society, Steve & Regina are very appreciative of the support from BAN. Both Bluebird organizations are interested in conservation of ALL our native cavity-nesting species—Chickadees included! This is a simple chili recipe to share with friends

Ingredients:

2 pounds ground beef	2 cans red are dark kidney beans
3 cans tomato soup	1 green pepper
2 medium onions	4 bay leaves
1-1/2 tsp salt	3/4 tsp pepper
1/2 tsp garlic powder	6 drops Tabasco sauce
3-4 tsp chili powder	(Note: Regina adds 1 square of Dark Chocolate to this recipe at the very end)

Dice onions and green pepper. Break up ground beef into small chunks. Cook in a large frying pan over medium heat. Add diced onions and green pepper to cook in the grease. Meanwhile, pour the tomato soup into a large Dutch oven. Add beans, bay leaves, salt, pepper, garlic powder, Tobasco sauce and chili powder to taste and cook on low, stirring periodically. Drain all grease from hamburger and add to tomato mixture. Serves 8-10.

Attracting Chickadees:

- Chickadees' Dee'Light bird seed!
- Safflower & Pecan "Cylinder Cakes"
- Black Oil Sunflower seed in "cage-style" feeders that starlings & grackles can't fit in!
- Many of the home-made suet & bird food recipes that can be found at : www.birds-i-view.biz

Cookies with Cardinals

Enjoy fresh baked cookies while watching the Cardinals enjoy their "snacks"!

Old-Fashion Molasses Cookies (for the Humans):

Ingredients:

1 Cup of Molasses	3 Cups all-purpose flour	1 tsp ground nutmeg
1 Cup brown sugar	2 tsp baking powder	1/2 tsp ground cloves
1 Cup buttermilk	pinch of salt	Apricot or Pear Jam (optional)
4 TBS shortening	1-1/2 tsp ginger	
1 egg	1 tsp cinnamon	

Cream together shortening, molasses, brown sugar, and egg. Sift together flour, baking powder, salt, ginger, cinnamon, nutmeg, and cloves. Combine the dry ingredients with the sugar/shortening, alternating with the buttermilk. Chill thoroughly—at least a few hours. Place a portion of the chilled dough on a floured board. Pinch off small

amounts of dough and use just enough flour to roll dough into small balls. Roll the balls in granulated sugar and place on a cookie sheet lined with paper. Bake at 375 degrees for 8-9 minutes for soft cookies. If desired, at this point remove the cookies from the oven, make a small indentation in the center of each cookie with a teaspoon, and return to the oven for an additional 3-4 minutes. Remove from oven and after the cookies have cooled, fill each one with apricot or pear jam.

Attracting Cardinals:

- Download our brochure on Cardinals from our "Educational Brochures" page of our website www.birds-i-view.biz
- Cardinals will eat from a variety of feeders, but prefer those with about 2" of perch area, and especially like feeders with adequate perch area all the way around the feeder (such as our "Sky Café" feeders, the Birds Choice 5 quart & 3 quart feeders., or the Birds Choice Recycled hopper & platform feeders—all made in the USA!)
- Cardinals like Safflower seed, Black oil Sunflower, Sunflower hearts, and even love Nuts (shelled) if placed in a feeder that is comfortable for them!

