

### Conversion Chart for Dehydrated Foods

Fresh Ingredient	Dried Food	Use	Water	Instructions
Apple, 1 med/1 cup	Apple slices or dices	1-1/2 c	1-1/2 c	Add boiling water and let stand 15 minutes
Apricot, 1 med	Apricots	1 c	1-1/2 c	Add boiling water and let stand 15 minutes
Banana, 1 large	Banana slices or dices	1 c	1 c	Add boiling water and let stand 15 minutes
Bell peppers, 1 cup	Bell peppers	1/2 c	3/4 c	Add water and let soften
Blackberries, 1 cuup	Blackberries	1 c	1 c	Add water, let stand until soft
Blueberries, 1 cup	Blueberries	1c	1c	Add water, let stand until soft
Bouillon or broth, 1 cup	Bouillon or soup base	1 tsp	1 c	Add boiling water and stir
Broccoli, 1 cup	Broccoli	1/2 c	1 c	Soak for 15 minutes, heat
Butter, 1 cup	Butter powder	1 c	1/4 c	Mix together to make paste. Chill
Buttermilk, 1 cup	Buttermilk powder	1/4 c	1 c	Mix in cold water with whisk. Chill several hours
Butermilk, 1 cup	Milk	1 c		add 1 Tbsp vinegar or lemon juice
Cabbage, 1 cup	Cabbage	1/2 c	1-1/4 c	Add water, let stand 30 minutes or until soft
Carrots, 1 cup	Carrot slices or dices	1/2 c	1-1/2 c	Simmer in water 15 minutes, until tender. Add 1/2 tsp sugar
Cauliflower, 1 cup	Cauliflower	1 c	1/2 c	Soak for 15 minutes, heat
Celery, 1 cup	Celery slices or dices	1/2 c	1 c	Soak for 25 minutes, drain
Corn, 1 cup	Corn	1/2 c	1-1/2 c	Bring to boil, cover and simmer 30-35 minutes
Egg, 1 large	Egg powder	2 Tbsp	2 Tbsp	Whisk cold water into egg powder
Green beans, 1 cup	Green beans	1/2 c	1 c	Bring to boil, cover and simmer 12-15 minutes
Hashbrowns, 1 cup	Hansbrown potatoes	1/2 c	1-1/2 c	Bring to boil, simmer 10 minutes. Drain and fry.
Lemon juice, 2 Tbsp	Lemon powder	1tsp	2 Tbsp	Mix well
Milk, instant, 1 cup	Instant milk powder	1/4 c	1 c	Stire and dissolve milk in cold water
Milk, Regular, 1 cup	Regular milk powder	2 Tbsp	1 cup	Dissolve milk in warm water, chill
Mushrooms, 1 cup	Mushrooom slices or pieces	1/2 c	1 c	Cover with water and let stand 1 hour, drain
Onion, 1 medium	Onions, chopped or diced	1/2 c	2/4 c	Add water, let stand until soft
Peaches, 1 medium	Peach slices or dices	1 c	2 c	Add water, let stand until soft
Peanut Butter, 1 Tbsp	Peanut butter powder	1 Tbsp	1 tsp	Add 1 tsp oil, mix thoroughly
Peas, 1 cup	Peas	1/3 c	1 c	Add 1/2 tsp sugar to hot water & peas. Let stand 10 minutes
Pineapple chunks, 1 cup`	Pineapple chunks	2 c	1 c	Add water, let stand until soft
Potatoes, mashed, 1 cup	Potato beads	1/2 c	1 c	Stir into how water, cover, let stand 5 minutes
Potato dices, 1 cup	Potato dices	1/3 c	1 c	Bring to boil, simmer 10 minutes. Strain.
Pumpkin preee, 1 cup	Pumpkin powder	1/4 c	1 c	Add water, stir, let stand 15 minutes

Raspberries, 1 cup	Raspberries	1 c	1 c	Add water, let stand until soft
Refried Beans, 1 cup	Refried beans	1/2 c	1/2 c	Bring water to boil, stir in beans, cook until soft.
Sour cream, 1 cup	Sour cream powder	6 Tbsp	1 c	Mix together until desired consistency
Spinach, 1 cup	Spinach	1 c	1-1/2 c	Add spinach to boiling water, cook until soft
Strawberries, 1 cup	Strawberries	1 c	1 c	Add water, let stand until soft
Sweet potatoes, 1 cup	Sweet potato cubes	1 c	1 c	Boil water, add potatoes, let stand 20 minutes
Tomato dices, 1 cup	Tomato dices	1/2 c	1 c	Boil water, add tomatoes, let stand 20 minutes
Tomato juice, 8 oz.	Tomato powder	4 Tbsp	1 c	Add salt to taste. Chill.
Tomato paste, 6 oz can	Tomato powder	1/4 c	1/4 c	Add 1/4 tsp salt, mix together
Tomato Sauce, 1 cup	Tomato powder	3 Tbsp	1 c	Mix together to desired consistency
<b>HERBS</b>	<b>FRESH</b>	<b>DRIED</b>		
Basil	2 tsp, finely chopped	1 tsp		
Bay Leaf	1 leaf	2 leaves		
Chervil	3 tsp	tsp		
Cilantro	3 tsp	1 tsp		
Cinnamon	1 stick	1/2 tsp ground		
Cumin	4-1/2 Tbsp whole seed	4 Tbsp. ground		
Dill	3 tsp	1 tsp		
Garlic, large	1 clove (1-1/2 tsp minced)	1/2 tsp powder		
Garlic, small	1 clove (1/2 tsp minced)	1/8 tsp powder		
Ginger	1 Tbsp, fresh grated	1/4 tsp ground		
Ginger	1 Tbsp, minced	1/2 tsp ground		
Majoram	3 tsp	1 tsp		
Onion	1 medium	1 tsp powder		
Oregano	3 tsp	1 tsp		
Parsley	2 tsp	1 tsp		
Rosemary	3 tsp	1 tsp		
Sage	2 tsp	1 tsp		
Star Anise	1	1/2 tsp anise seed		
Tarragon	3 tsp	1 tsp		
Thyme	3 tsp	1 tsp		

Vanilla	1 inch vanilla bean	1 tsp extract		
1 Packet yeast	2-1/2 tsp yeast			
1 Lemon	2 Tbsp lemon juice			