



## Using Dried Vegetables<sup>1</sup>

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Susan Reynolds<sup>2</sup>

### REHYDRATING DRIED VEGETABLES

Most vegetables are soaked or rehydrated in cold water prior to use. However, there are 2 other acceptable rehydration methods: add the dried product to boiling water (see Table 1) or add the dried vegetable to a product with lots of liquid, such as soup. Whichever rehydration method is chosen, the vegetables return to their original shape.

Vegetables can be soaked in either water or, for additional flavor, bouillon or vegetable juice. They usually rehydrate within 1 to 2 hours. If they are soaked for more than 2 hours, or overnight, they should be refrigerated. See the above chart for how much water to use and for the minimum soaking time. Using boiling liquid speeds up the soaking time. Save and use the soaking liquid in cooking.

Adding dried vegetables directly to soups and stews is the simplest way to rehydrate vegetables. Also, leafy vegetables, cabbage and tomatoes do not need to be soaked. Add sufficient water to keep them covered and simmer until tender.

### VEGETABLE CHIPS

Dehydrated, thinly sliced vegetables or vegetable chips are a nutritious low-calorie snack. They can be served with a favorite dip. Vegetables to try are zucchini, tomato, squash, parsnip, turnip, cucumber, beet or carrot chips. **Note:** Vegetables should be thinly sliced with a food processor, vegetable slicer or sharp knife before drying.

### VEGETABLES FLAKES AND POWDERS

Vegetable flakes can be made by crushing dehydrated vegetables or vegetable leather using a wooden mallet, rolling pin or one's hand.

Powders are finer than flakes and are made by using a food mill, food processor or blender. The most common powders are onion, celery and tomato.

See Table 2 for "Dried Vegetable Equivalents."

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  2. Susan Reynolds, M.S., former Extension Foods Specialist, University of Georgia; revised by Judy Harrison, Ph.D., Extension Food Specialist, Cooperative Extension Service, University of Georgia, College of Agricultural and Environmental Sciences, Athens. For more information contact your local Extension Service agent.

#### Putting Knowledge to Work

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**Table 1.** Rehydrating Dried Food

Product	Water to Add to 1 Cup Dried Food (Cups)	Minimum Soaking Time (Hours)
Fruits <sup>*</sup>		
Apples	1½	½
Pears	1¾	1¼
Peaches	2	1¼
Vegetables <sup>**</sup>		
Asparagus	2¼	1½
Beans, lima	2½	1½
Beans, green snap	2½	1
Beets	2¼	1½
Carrots	2¼	1
Cabbage	3	1
Corn	2¼	½
Okra	3	½
Onions	2	¾
Peas	2½	½
Pumpkin	3	1
Squash	1¾	1
Spinach	1	½
Sweet Potatoes	1½	½
Turnip greens and other greens	1	¾
<sup>*</sup> Fruits - Water is at room temperature. <sup>**</sup> Vegetables - Boiling water is used.		

**Table 2.** Dried Vegetable Equivalents

Fresh Produce	Dry Equivalents
1 onion	1½ tablespoons onion powder ¼ cup dried minced onions
1 green pepper	¼ cup green pepper flakes
1 cup carrots	4 tablespoons powdered carrots ½ cup (heaped) dried carrots
1 cup spinach	2-3 tablespoons powdered spinach
1 medium tomato	1 tablespoon powdered tomato
½ cup tomato puree	1 tablespoon powdered tomato
20 pounds tomatoes	18 ounces dried sliced tomatoes