

The Survival Mom *Reconstituting Dehydrated Foods*

Dried Food	Makes	Amount	Water	Instructions
Applesauce	1 c.	½ c.	1 c.	Add boiling water and let set for 15 min.
Apple Slices	1 c.	1 ½ c.	1 ½ c.	Add boiling water and let set for 15 min.
Bell Peppers	1 c.	½ c.	¾ c.	Add water and let soften.
Bouillon	1 c.	1 t.	1 c.	Dissolve bouillon in hot water.
Broccoli	1 c.	½ c.	1 c.	Soak for 15 minutes, heat.
Butter	½ c.	½ c.	2 T.	Mix together to make paste. Chill
Buttermilk	1 c.	¼ c.	1 c.	Mix cold water into milk with whisk. Let stand several hours in frig.
Cabbage	1 c.	½ c.	1 ¼ c.	Add water and let set for 30 min or till soft.
Carrots	1 c.	½ c.	1 ½ c.	Simmer carrots in water for 15 min. or until tender. Add ½ t. sugar.
Celery	1 c.	½ c.	1 c.	Soak in warm water, 20 minutes, drain.
Corn	½ c.	¼ c.	¾ c.	Bring to boil, cover, simmer 30-35 min.
Green Beans	1 c.	½ c.	1 c.	Bring to boil, cover simmer, 15-12 minutes.
Hashbrowns	2 c.	1 c.	3 c.	Bring to boil, simmer 10 min., drain, Fry.
Instant Milk	1 c.	¼ c.	1 c.	Stir and dissolve milk in cold water.
Margarine	¾ c.	1 c. .		Add 2 T. oil, stir till smooth.
Morning Moo	1 c.	2 T.	1 c.	Dissolve milk in warm water, chill.
Mushrooms	¼ c.	¼ c.	½ c.	Cover with water, set 1 hour, drain.
Onions, chopped	2 T.	1 T.	1 ½ T.	Add water, let set until soft.
Potato Buds	2 c.	1 c.	2 c.	Stir into hot water, cover, let stand 5 min.
Potato Dices	2 ½ c.	1 c.	3 c.	Bring to boil, simmer 10 min, drain.
Peaches	2 c.	1 c.	2 c.	Add water let set until soft.
Peas	1 ¼ c.	½ c.	1 ¼ c.	Add ½ t.sugar to hot water&peas/set 30 min
Peanut Butter	1 T.	1 T.	1 t.	Add 1 t. oil, mix thoroughly.
Pudding	2 c.	1 c.	2 c.	Whip together, 3 minutes, cool 30 minutes.
Refried Beans	4 c.	2 c.	2 c.	Bring water to boil,stir in beans,cook til soft
Reg. Milk	1 c.	2 T.	1 c.	Dissolve milk in warm water, chill.
Shortening	½ c.	½ c.	½ c.	Mix together until desired constancy,
Sour Cream	1 c.	6 T.	1 c.	Mix together until desired constancy.
Spinach	1 c.	1 c.	1 ½ c.	Add spinach to boil water, cook til soft.
Sweet Potatoes	1 c.	1 c.	1 c.	Boil water, add potatoes. Let stand, 20 min. Tomato Powder
	1 c.	½ c.	1 c.	Sauce: mix together, use less water for paste

NOTE: Directions may vary by brand. Check the label on your dehydrated products.

Source: www.peaceofpreparedness.com