

The Planned Pantry



**Conversion Chart for Dehydrated
and Freeze-Dried Foods**

Fresh Ingredient	Dried Food	Use	Water	Instructions
Apple - 1 medium or 1 cup	Apple slices or dices	1-1/2 c	1-1/2 c	Add boiling water and let stand for 15 minutes.
Apricot - 1 medium	Apricots	1 c	1-1/2 c	Add boiling water and let stand for 15 minutes.
Banana - 1 large	Banana slices or dices	1 c	1 c	Add boiling water and let stand for 15 minutes.
Bell peppers - 1 cup	Bell peppers - red, green	1/2 cup	3/4 cup	Add water and let soften.
Bouillon or broth - 1 cup	Bouillon or soup base	1 tsp	1 cup	Add boiling water and stir.
Broccoli - 1 cup	Broccoli	1/2 cup	1 cup	Soak for 15 minutes, heat.
Butter - 1 cup	Butter powder	1 cup	1/4 cup	Mix together to make paste. Chill.
Buttermilk - 1 cup	Buttermilk powder	1/4 cup	1 cup	Mix cold water into milk with whisk. Chill several hours in fridge.
Cabbage - 1 cup	Cabbage	1/2 cup	1-1/4 cup	Add water and let stand for 30 minutes, or until soft.
Carrots - 1 cup	Carrot slices or dices	1/2 cup	1-1/2 cup	Simmer carrots in water 15 minutes, until tender. Add 1/2 tsp sugar.
Cauliflower - 1 cup	Cauliflower	1 cup	1/2 cup	Soak for 15 minutes, heat.
Celery - 1 cup	Celery slices or dices	1/2 cup	1 cup	Soak in warm water 20 minutes. Drain.
Corn - 1 cup	Corn	1/2 cup	1-1/2 cup	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 cup	1 cup	Bring to boil, cover and simmer 12-15 minutes.
Hashbrowns - 1 cup	Hashbrown potatoes	1/2 cup	1-1/2 cup	Bring to boil, simmer 10 minutes. Drain and fry.
Honey - 1 cup	Honey crystals	1 cup	1/4 cup	Mix crystals with very hot water. Microwave 20-30 seconds. Stir until dissolved. Cool 2-3 hours until thickened.
Milk, Instant - 1 cup	Instant milk powder	1/4 cup	1 cup	Stir and dissolve milk in cold water.
Milk, Regular - 1 cup	Regular milk powder	2 Tbsp	1 cup	Dissolve milk in warm water, chill.

Fresh Ingredient	Dried Food	Use	Water	Instructions
Mushrooms - 1 cup	Mushroom slices or pieces	1/2 cup	1 cup	Cover with water and stand for 1 hour, drain.
Onions - 1 medium	Onions, chopped or diced	1/2 cup	3/4 cup	Add water, let stand until soft.
Peaches - 1 medium	Peach slices or dices	1 cup	2 cup	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 cup	1 cup	Add 1/2 tsp sugar to hot water and peas. Let stand 30 minutes.
Pineapple Chunks - 1 cup	Pineapple chunks	1 cup	1 cup	Add water, let stand until soft.
Potatoes, mashed - 1 cup	Potato beads	1/2 cup	1 cup	Stir into hot water, cover, let stand 5 minutes.
Potato Dices - 1 cup	Potato dices	1/3 cup	1 cup	Bring to boil, simmer 10 minutes, drain.
Raspberries - 1 cup	Raspberries	1 cup	1 cup	Add water, let stand until soft.
Refried Beans - 1 cup	Refried beans	1/2 cup	1/2 cup	Bring water to boil, stir in beans, cook until soft.
Sour Cream - 1 cup	Sour cream	1/3 cup	1 cup	Mix together until desired consistency.
Spinach - 1 cup	Spinach	1 cup	1-1/2 cup	Add spinach to boiling water, cook until soft.
Strawberries - 1 cup	Strawberries	1 cup	1 cup	Add water, let stand until soft.
Sweet Potatoes - 1 cup	Sweet potato dices	1 cup	1 cup	Boil water, add potatoes, let stand 20 minutes.
Tomato Dices - 1 cup	Tomato dices	1/2 cup	1 cup	Boil water, add tomatoes, let stand 20 minutes.
Tomato Paste - 1 cup	Tomato powder	1 cup	1 cup	Mix together to desired consistency.
Tomato Sauce - 1 cup	Tomato powder	1/2 cup	1 cup	Mix together to desired consistency.

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