

Product	Conversion	Tips
Freeze Dried Asparagus 	½ cup dry = about 6 fresh stalks	Toss (dry) into a soup or cook separately first and then puree for a tasty thickener. They take about 10-15 minutes to hydrate
Carrot Dices 	½ cup dry = 4 medium fresh carrots	These are dehydrated, so they take a bit longer (20+ minutes) to hydrate well so they should be one of the first veggies you add to your soup. They will expand some as they hydrate.
Freeze Dried Sweet Corn 	1 cup dry = about one 15 oz can of corn	Toss right into a soup dry, or crush up a bit with a spoon before adding to the soup for more of a “creamed corn” effect. Takes about 10-15 minutes to hydrate.
Freeze Dried Chopped Onions 	½ cup dry = 1 small fresh onion	Sauté (dry) in just a bit of olive oil for 15 seconds or so to bring out flavor before adding other soup ingredients / water. They hydrate very quickly.
Freeze Dried Green Onions 	¼ cup dry = about ½ cup fresh	These hydrate very quickly. Add them at the very end of your soup’s cooking time right before you remove it from the heat.
Freeze Dried Bell Peppers 	1 cup dry = 1 small fresh pepper	Can be sautéed (like the onions) dry for just a few seconds in oil to really bring out the flavor before adding other ingredients. Takes about 10-15 minutes to hydrate.
Freeze Dried Chili Peppers 	1/3 cup = one 4 oz can of mild green chilies	Can be sautéed (like the onions) dry for just a few seconds in oil to really bring out the flavor before adding other ingredients. Takes about 5-10 minutes to hydrate.
Potato Chunks 	1/3 cup dry = about 1 small fresh potato	These are dehydrated, so they take a bit longer (20+ minutes) to hydrate well so they should be one of the first veggies you add to your soup. They will expand some as they hydrate.
Freeze Dried Potato Dices 	½ cup dry = about 1 small fresh potato	These are very delicate. They take 15 minutes or so to fully hydrate, but if cooked too long, they will fall apart. You can crush them and they will work as a <i>fantastic</i> thickener & great mashed potatoes
Freeze Dried Tomato Dices 	1 cup dry = one 15 oz can of tomatoes or 2 small fresh tomatoes	These are <i>extremely</i> delicate, and they hydrate very quickly. Add them at the very end of your soup’s cooking time right before you remove it from the heat.
Freeze Dried Zucchini 	¾ cup dry = 1 small zucchini	Just toss dry right into your soup. They take about 10 min to hydrate.

For More Info Visit: www.YourOwnHomeStore.com/thrive-food-tips/