


# Rehydration Chart<sup>©</sup>

Our conversion chart provides quick and easy access to rehydration instructions and yield (by weight and volume) of our products. These tips will maximize your use of dehydrated ingredients and ultimately provide more cost savings. All of our dried vegetables, fruits, beans & legumes are non-GMO. All of our products are vegan, gluten free and  Pareve - enjoy!



## DEHYDRATED VEGETABLES

Dehydrated vegetables maintain a high level of their nutritive value and can be used in a variety of recipes. To rehydrate vegetables, combine 1 part vegetable with 2 parts water. Then simmer for about 10-15 minutes or soak for 30+ minutes. It is not necessary to rehydrate vegetables prior to using them in a recipe that requires cooking.

VEGETABLES	YIELD BY VOLUME*	YIELD BY WEIGHT*
Broccoli	1 cup yields 3 ¼ cups	2 oz yields 14 oz
Butternut Squash	1 cup yields 3 cups	4 oz yields 16 oz
Cabbage	1 cup yields 3 ½ cups	2 ½ oz yields 14 oz
Carrots	1 cup yields 4 cups	4 oz yields 21 oz
Celery	1 cup yields 3 ¼ cups	2 oz yields 12 oz
Chives	1 cup yields 1 cup	½ oz yields 3 oz
Corn	1 cup yields 2 cups	3 ½ oz yields 10 oz
Garlic	1 cup yields 3 cups	6 oz yields 20 oz
Green Beans	1 cup yields 3 cups	2 ¼ oz yields 13 oz
Jalapeños	1 cup yields 2 ½ cups	1 ½ oz yields 12 oz
Leeks	1 cup yields 1 ¼ cups	½ oz yields 4 oz
Mushrooms	1 cup yields 1 cup	¾ oz yields 3 oz
Onions	1 cup yields 3 cups	3 ½ oz yields 16 oz
Organic Carrots	1 cup yields 4 cups	3 ¼ yields 21 oz
Organic Green Bell Peppers	1 cup yields 2 ½ cups	2 ½ oz yields 14 oz
Organic Kale	1 cup yields 1 cup	¾ oz yields 10 oz
Organic Onions	1 cup yields 3 cups	4 oz yields 16 oz
Organic Pumpkin	1 cup yields 2 cups	3 ¾ oz yields 18 ¼ oz
Organic Red Beets	1 cup yields 3 cups	4 oz yields 15 ½ oz
Organic Red Bell Peppers	1 cup yields 2 ½ cups	3 oz yields 14 oz
Organic Spinach	1 cup yields 1 ½ cups	¾ oz yields 8 oz
Organic Sweet Potatoes	1 cup yields 2 cups	3 ¾ oz yields 10 oz
Organic Tomatoes	1 cup yields 2 ½ cups	2 ½ oz yields 14 oz
Organic Tomato Powder (paste)	1 cup yields 2 ½ cups	6 oz yields 16 oz
Organic Tomato Powder (sauce)	1 cup yields 6 ½ cups	6 oz yields 52 oz
Peppers, Mixed	1 cup yields 2 ½ cups	2 oz yields 14 oz
Potatoes, Diced	1 cup yields 2 cups	3 oz yields 12 oz
Potatoes, Sliced	1 cup yields 2 cups	1 ½ oz yields 12 oz
Shallots	1 cup yields 3 cups	2 oz yields 16 oz
Spinach	1 cup yields 1 ½ cups	1 oz yields 8 oz
Sweet Peas	1 cup yields 2 cups	4 ½ oz yields 14 oz
Sweet Potatoes	1 cup yields 2 cups	4 oz yields 16 oz
Tomatoes	1 cup yields 1 ¼ cups	2 oz yields 10 oz
Tomato Powder (paste)	1 cup yields 2 ½ cups	5 ½ oz yields 16 oz
Tomato Powder (sauce)	1 cup yields 6 ½ cups	5 ½ oz yields 52 oz
Vegetable Soup Mix	1 cup yields 6 cups	3 oz yields 52 oz
Zucchini, Diced	1 cup yields 2 ½ cups	1 ½ oz yields 12 oz

## FREEZE-DRIED VEGETABLES

These light, airy vegetables can be eaten raw or rehydrated instantly in water. To rehydrate, add 1 cup of water to 1 cup of vegetables, heat and serve.

VEGETABLES	YIELD BY VOLUME*	YIELD BY WEIGHT*
Corn, Super Sweet	1 cup yields 1 cup	1 ½ oz yields 4 ½ oz
Green Peas	1 cup yields 1 cup	2 ¼ oz yields 8 oz
Mushrooms, Sliced	1 cup yields 1 cup	½ oz yields 3 ¾ oz
Soybeans (Edamame)	1 cup yields 1 cup	2 oz yields 6 oz

\*Note: Vegetable weights will vary from crop to crop due to density and other growing factors. These yields are approximates based on extensive actual kitchen testing.

## BEANS & LEGUMES

No sorting, cleaning or soaking is necessary for our dried beans and legumes. For our whole beans & legumes, simply add 1 cup of water to 1 cup of beans, simmer for 10-15 minutes and enjoy! Still precooked & dehydrated, our bean flakes are salted and ready to eat almost immediately! Just add one cup of bean flakes to 2/3 cup of boiling water, cover and let sit for 3-5 minutes. That's it!

BEANS	YIELD BY VOLUME*	YIELD BY WEIGHT*
Black Beans	1 cup yields 2 cups	4 oz yields 16 oz
Dark Kidney Beans	1 cup yields 2 cups	4 oz yields 16 oz
Garbanzo Beans	1 cup yields 2 cups	4 oz yields 16 oz
Great Northern Beans	1 cup yields 2 cups	4 oz yields 16 oz
Lentils	1 cup yields 2 cups	4 oz yields 16 oz
Navy Beans	1 cup yields 2 cups	4 oz yields 16 oz
Pinto Beans	1 cup yields 2 cups	4 oz yields 16 oz
Red Beans	1 cup yields 2 cups	4 oz yields 16 oz
Split Peas	1 cup yields 2 cups	5 ½ oz yields 16 oz
Black Bean Flakes	1 cup yields ¾ cup	2 ½ oz yields 8 oz
Pinto Bean Flakes	1 cup yields ¾ cup	3 oz yields 9 oz

## FREEZE-DRIED FRUIT

A customer favorite, our fresh-tasting freeze-dried fruit is easy to use. Eat these fruits directly from the container for a healthy snack or rehydrate them instantly in water or milk. For a delicious pie or pastry filling, add 1 cup of water to 1 cup of fruit.

FRUITS	YIELD BY VOLUME*	YIELD BY WEIGHT*
Apple Dices	1 cup yields 1 cup	1 oz yields 4 oz
Banana Slices	1 cup yields 1 cup	2 oz yields 4 oz
Blueberries, Whole	1 cup yields 1 cup	1 oz yields 4 oz
Cherries, Whole	1 cup yields 1 cup	1 ½ oz yields 4 oz
Mango Dices	1 cup yields 1 cup	1 ½ oz yields 4 oz
Papaya Dices	1 cup yields 1 cup	1 oz yields 4 oz
Peach Dices	1 cup yields 1 cup	1 oz yields 4 oz
Pineapple Chunks	1 cup yields 1 cup	1 ¼ oz yields 4 oz
Raspberries, Whole	1 cup yields 1 cup	1 ¼ oz yields 4 ½ oz
Strawberry Slices	1 cup yields 1 cup	½ oz yields 3 ½ oz

## PLANT-BASED PROTEIN

Made from soy, plant-based protein is a meat-like substitute that adds texture and flavor to vegetarian dishes. To rehydrate, add 2 cups of water to 1 cup of product and simmer for 5-10 minutes or soak for 30+ minutes. It can also be added directly to soups and stews. Because this product is precooked, you can use it "raw."

PROTEIN	YIELD BY VOLUME*	YIELD BY WEIGHT*
Bacon Flavored Bits	1 cup yields 2 cups	3 oz yields 11 oz
Beef Flavored Bits	1 cup yields 2 cups	3 oz yields 12 oz
Chicken Flavored Bits	1 cup yields 2 cups	3 oz yields 12 oz
Chorizo Flavored Crumbles	1 cup yields 1 ½ cups	4 oz yields 8 oz
Sausage Flavored Crumbles	1 cup yields 2 cups	3 oz yields 12 oz
Taco Flavored Bits	1 cup yields 2 cups	4 oz yields 12 oz
Beef Style Bits	1 cup yields 2 cups	3 oz yields 12 oz
Beef Style Chunks	1 cup yields 2 cups	3 oz yields 12 oz
Beef Style Pieces	1 cup yields 2 cups	3 oz yields 12 oz
Chicken Style Bits	1 cup yields 2 cups	3 oz yields 12 oz
Chicken Style Chunks	1 cup yields 2 cups	3 oz yields 12 oz
Chicken Style Flakes	1 cup yields 2 cups	3 oz yields 12 oz
Textured Soy Protein (Non-GMO, Unflavored)	1 cup yields 2 cups	2 oz yields 13 oz
Textured Soy Protein (Unflavored)	1 cup yields 2 cups	3 oz yields 12 oz

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