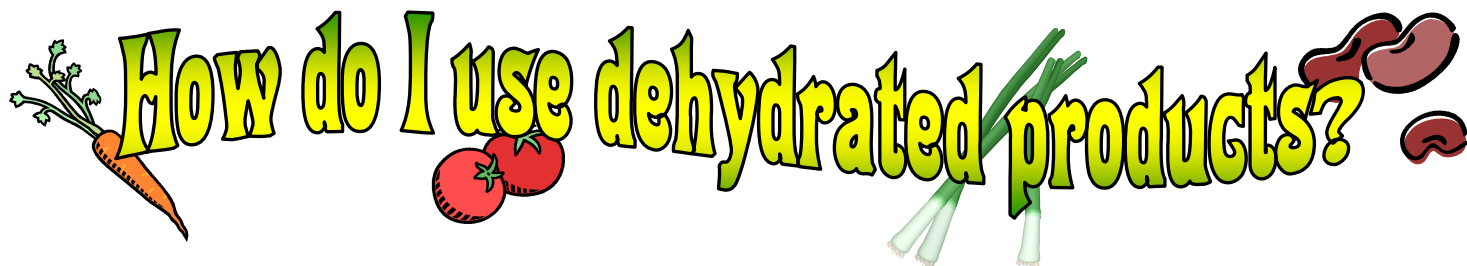


# How do I use dehydrated products?



We get hundreds of inquiries from health conscious consumers who recognize the nutritional value and time savings of using dehydrated products, but are not exactly sure how to use them in every day food preparation. We've listed the most frequently asked questions and have attempted to address each issue in this short guide. If you have other questions, please e-mail us: [service@harmonyhousefoods.com](mailto:service@harmonyhousefoods.com)

## **Dehydrated Vegetables**

### ***Q: Can I eat dehydrated vegetables raw?***

A: YES! Just chew them slowly, so they have a chance to rehydrate in your mouth.

### ***Q: Can I use dehydrated vegetables for dishes other than soups & stews?***

A: Absolutely! You can substitute dehydrated vegetables for fresh vegetables in just about any dish, including casseroles, loafs, pizza toppings, omelets, breads, etc.

### ***Q: Can I grind these into vegetable powder?***

A: You can if you have the proper grinder. Do not try to grind corn, carrots, or diced potatoes in your blender.

### ***Q: Can I rehydrate your vegetables without cooking them first?***

A: Yes! It takes a little longer, but you can just soak the amount of vegetables you need in cold water until desired tenderness.

### ***Q: Can I cook a plain vegetable as a side dish, or do I have to use them in something else?***

A: You can cook them alone. However, they will not have the identical texture as a fresh vegetable. The "harder" vegetables (corn, potatoes, carrots, etc.) do maintain a similar texture to fresh. When used in a dish with other ingredients, many people cannot tell the difference.

### ***Q: Can I microwave dehydrated vegetables?***

A: Yes. Because microwave ovens vary so much in cooking times, you will have to determine the length of time needed for your oven.

## **Dehydrated Vegetables Continued...**

### ***Q: Can I sauté dehydrated vegetables?***

A: Yes. When doing this, use about 1/3 less water than is called for and use the soaking method for rehydration, rather than cooking. You don't want the vegetables to be too wet when adding them to the pan.

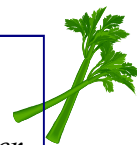
### ***Q: How do I actually use these in other dishes?***

A: Determine what quantity of fresh vegetable your dish calls for. Figure out from the package label what the dehydrated equivalent would be. Make sure to ADD the required water to the recipe to rehydrate your vegetable! For example, Surprise Loaf calls for 1 cup celery. Here's what you would do:

*Recipe calls for 1 Cup Celery*

*Celery has a 1 to 2 ratio with water*

*Add 1/3 Cup Celery + 2/3 Cups water*



### ***Q: What is the shelf-life of dehydrated vegetables?***

A: This depends on several factors. We recommend a shelf life of 1-2 years. If you live in a dry climate, they would last longer. Some people vacuum seal the vegetables in a separate bag. This will greatly extend the shelf life. Our vegetables are designed for every day use, but are also good for long-term food storage.

### ***Q: Are your dehydrated products certified organic or Kosher?***

A: All our products are certified Kosher and a certificate of validity is available on request. Because of the restrictive requirements, we presently cannot claim to carry organic products.



## **Dehydrated Beans & Legumes**

***Q: What is the difference between your beans and dry beans in the store?***

A: A lot! If you buy dry beans in the store, you need to clean and sort them, soak them overnight, and then cook them for an hour or more before they are tender. Our beans are produced through a patented process which does all the work for you! Just put the amount of beans you want in the pot, bring to a boil, and simmer for 10 minutes. Remove from the heat and let stand for 5 minutes. That's it! Look at the time savings below:

### **Store Bought Beans = 10 hours+**

- Sort, Clean, & Rinse (15 minutes)
- Soak overnight (8 hours)
- Cook (1-2 hours)

### **Our Beans = 20 minutes**

- Place in the pot and bring to a boil (5 min.)
- Simmer (10 min.)
- Let stand (5 min.)

***Q: How many beans would I need to equal the equivalent of a standard can?***

A: A typical 15 oz. can of beans contains 40% water and 60% beans, which would leave you with 9 oz. of drained beans. It would take approximately 4 oz. of our dehydrated beans to equal the same quantity you would get in a standard can. Because our beans are 1/4 the weight of canned beans, you can see why Campers, RVers, and Boaters love to have our beans on hand all the time!

***Q: Can I use these just like regular beans?***

A: Yes. Use them in any dish that calls for beans.

***Q: What is the shelf life of your beans?***

A: We recommend 2-3 years.

***Q: Can you store the unused portion of beans in the refrigerator and then reheat them?***

A: Yes. They store very well, and they reheat well in the microwave.

## **TVP (Textured Vegetable Protein)**

***Q: Is your TVP meat-free?***

A: Yes. We do not carry any products that contain meat.

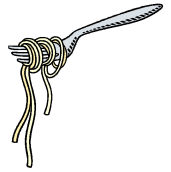
***Q: How do I use TVP?***

A: Add them to soups, stews, chilis, casseroles, or any dish where you desire a meaty texture.

***Q: Where can I find the nutritional information for your TVP?***

A: When you select the item on our website, at the bottom of the page the nutritional information will be listed.

## **Sample Recipes**



### **HOMEMADE SPAGHETTI SAUCE**

*Embarrassingly simple, wonderfully delicious!*

- 6 Lb. Can Crushed Tomatoes
- 1/4 Cup Mixed Red & Green Dehydrated Peppers
- 1/4 Cup Dehydrated Onions
- 3 T Dehydrated Celery
- 2 T Sucanat or Brown Sugar
- 1 T (rounded) Oregano

Combine all ingredients in kettle and simmer for 20 minutes. Add Chickenish bits, burger crumbles, or other meat substitute if desired. Makes enough sauce for a 2 Lb. box of Spaghetti. Leftovers can easily be stored in the refrigerator and used throughout the week.

### **SUPER SIMPLE NAVY BEAN SOUP**

- 3/4 Cup Dehydrated Navy Beans
- 2 T Hamish Bits
- 2 T Dehydrated Diced Potato
- 2 T Dehydrated Onions
- 2 T Tomato Powder
- 1 T Dehydrated Mixed Peppers

Combine all ingredients in a cooking pot. Add 4 cups water. Simmer for 10-15 minutes. Season to taste. We like a little salt and oregano.

**Visit our Website for your cooking ingredient needs!**