



# Rehydration Chart<sup>©</sup>

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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 dry-food ingredients and ultimately provide more cost savings. All of our dried vegetables, fruits, beans, and legumes are non-GMO and gluten free – 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 1-2 hours. 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 Flowerets	1 cup yields 3 ¼ cups	2 oz. yields 14 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 cups	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.
Jalapeño Dices	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, Fancy	1 cup yields 1 cups	¾ oz. yields 3 oz.
Mushrooms, Shitake	1 cup yields 1 cup	¾ oz. yields 6 oz.
Onions	1 cup yields 3 cups	3 ½ oz. yields 16 oz.
Shallots	1 cup yields 3 cups	2 oz. yields 16 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.
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.
Spinach Flakes	1 cup yields 1 ½ cups	1 oz. yields 8 oz.
Tomato Dices	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.

## DRIED BEANS & LEGUMES

No sorting, cleaning, or soaking is necessary for our dried beans and legumes. Simply add 1 cup of water to 1 cup of beans, simmer for 10-15 minutes, and enjoy!

BEANS	YIELD BY VOLUME	YIELD BY WEIGHT
Lentils	1 cup yields 2 cups	4 oz. yields 16 oz.
Split Peas	1 cup yields 2 cups	5 ½ oz. yields 16 oz.
Red Beans	1 cup yields 2 cups	4 oz. yields 16 oz.
Black Beans	1 cup yields 2 cups	4 oz. yields 16 oz.
Navy Beans	1 cup yields 2 cups	4 oz. yields 16 oz.
Great Northern Beans	1 cup yields 2 cups	4 oz. yields 16 oz.
Dark Kidney Beans	1 cup yields 2 cups	4 oz. yields 16 oz.
Pinto Beans	1 cup yields 2 cups	4 oz. yields 16 oz.
Garbanzo Beans	1 cup yields 2 cups	4 oz. yields 16 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. Then, 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.
Peas, Green Garden	1 cup yields 1 cup	2 ¼ oz. yields 8 oz.
Soybeans	1 cup yields 1 cup	2 oz. yields 6 oz.
Mushrooms, Sliced	1 cup yields 1 cup	½ oz. yields 3 ¼ oz.

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

## FREEZE DRIED FRUIT

Our fresh-tasting freeze dried fruit is a customer favorite and easy to use. You can 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.

FRUIT	YIELD BY VOLUME*	YIELD BY WEIGHT*
Apple Dices	1 cup yields 1 cup	1 oz. yields 4 oz.
Apricot Dices	1 cup yields 1 cup	¾ oz. yields 3 oz.
Banana Slices	1 cup yields 1 cup	2 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.
Pineapple Chunks	1 cup yields 1 cup	1 ¼ oz. yields 4 oz.
Strawberries, Whole	1 cup yields 1 cup	½ oz. yields 3 ½ oz.
Blueberries	1 cup yields 1 cup	1 oz. yields 4 oz.
Raspberries	1 cup yields 1 cup	1 ¼ oz. yields 4 ½ oz.
Blackberries	1 cup yields 1 cup	¾ oz. yields 3 ½ oz.

## TVP

TVP can be added directly to soups and stews, or rehydrated for a healthy, meatless option. To rehydrate, add 2 cups of water to 1 cup of TVP and soak or simmer for 5-10 minutes. Because this product is already precooked, you can use it “raw.” Try sprinkling TVP on a salad or pizza, or eat it as a snack.

TVP	YIELD BY VOLUME	YIELD BY WEIGHT
Beefish Bits	1 cup yields 3 cups	4 oz. yields 20 oz.
Beefish Chunks	1 cup yields 1 ½ cups	2 oz. yields 6 oz.
Chickenish Bits	1 cup yields 2 ½ cups	4 oz. yields 16 oz.
Hamish Bits	1 cup yields 2 cups	4 oz yields 14 oz.
Taco Flavored Bits	1 cup yields 2 cups	4 oz yields 12 oz.
Chickenish Chunks	1 cup yields 1 ½ cups	3 oz. yields 6 oz.
Plain TVP	1 cup yields 2 ¼ cups	3 oz. yields 14 oz.