



Dried Vegetable Uses and Preparation Guide

Preparation: Simply add 1 part product to 2 parts water when mixing in with a recipe (if you wish to cook these as a side dish, you might want to change the amount of water for each 1 part of dry product). Simmer for 10-30 minutes based on product and taste.

Uses

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Desserts	Drinks	Salads
Dried Bell Pepper (Mixed)			X	X	X	X			
Dried Broccoli			X	X	X	X			
Dried Cabbage			X	X	X	X			
Dried Carrots			X	X	X	X			
Dried Celery		X	X	X	X	X			
Dried Chives			X	X	X	X			
Dried Corn			X	X	X	X			
Dried Garlic (Granulated)		X	X	X	X	X			X
Dried Garlic (Sliced)		X	X	X	X	X			
Dried Green Beans			X	X	X	X			
Dried Jalapeno Peppers		X	X	X	X	X			X
Dried Leeks			X	X	X	X			X
Dried Mushrooms		X	X	X	X	X			X
Dried Onions			X	X	X	X			
Dried Peas			X	X	X	X			
Dried Potato Dices			X	X	X	X			
Dried Red Bell Peppers			X	X	X	X			
Dried Spinach		X	X	X	X	X			X
Dried Sweet Potatoes			X	X	X	X			
Dried Tomato Flakes			X	X	X	X			
Dried Tomato Powder		X	X	X	X	X			
Dried Vegetable Soup Mix		X	X	X	X	X			
Dried Zucchini			X	X	X	X			



**MOTHER
EARTH PRODUCTS**
A NEW DAY IS DAWNING

Uses

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Desserts	Drinks	Salads
Organic Dried Carrots		X	X	X	X	X			
Organic Dried Onions		X	X	X	X	X			
Organic Dried Spinach		X	X	X	X	X			X
Organic Dried Red Bell Peppers		X	X	X	X	X			
Organic Dried Green Bell Peppers		X	X	X	X	X			
Organic Dried Sweet Potatoes		X	X	X	X	X			
Organic Dried Tomato Flakes		X	X	X	X	X			

Preparation

	Rehydrate	Add Hot Water	Cook 3	Cook 7	Cook 15	Cook 20
Dried Bell Pepper (MiXed)	X	X				X
Dried Broccoli	X	X				X
Dried Cabbage	X	X				X
Dried Carrots	X	X				X
Dried Celery	X	X				X
Dried Chives	X	X				X
Dried Corn	X	X				X
Dried Garlic (Granulated)		X				
Dried Garlic (Sliced)	X	X				X
Dried Green Beans	X	X				X
Dried Jalapeno Peppers	X	X				X
Dried Leeks	X	X				X
Dried Mushrooms	X	X				X
Dried Onions	X	X				X



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	Rehydrate	Add Hot Water	Cook 3	Cook 7	Cook 15	Cook 20
Dried Peas	X	X				X
Dried Potato Dices	X	X				X
Dried Red Bell Peppers	X	X				X
Dried Spinach	X	X				X
Dried Sweet Potatoes	X	X				X
Dried Tomato Flakes	X	X				X
Dried Tomato Powder		X				
Dried Vegetable Soup Mix	X	X				X
Dried Zucchini	X	X				X