**Cooking with Stored Food**

Convert your favorite recipes into food storage recipes by substituting storable ingredients for fresh foods.

### Food Storage Conversion Equivalents

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Equivalent</th>
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<tbody>
<tr>
<td>bacon, 1 slice, diced and fried</td>
<td>1 T. real bacon pieces</td>
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<tr>
<td>beans, dried, 1 (15 oz.) can beans OR 1½ cups cooked beans</td>
<td>¾ cup dried beans (Sort &amp; rinse. Soak in 2¼ cups water; cook for 1-1½ hours.)</td>
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<tr>
<td>broth, 1 cup</td>
<td>1 t. bouillon granules (or cube equivalent) + 1 cup water</td>
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<tr>
<td>buttermilk or sour milk, 1 cup</td>
<td>1 T. vinegar or lemon juice + reconstituted dry or evaporated milk to make 1 cup; let stand 5 minutes</td>
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<tr>
<td>carrots, 1 medium, sliced or diced</td>
<td>¼ c. dried or Puff-Dry dehydrated carrots + ½ c. water</td>
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<tr>
<td>celery, 1 stalk, sliced</td>
<td>1 T. dried sliced celery + 2 T. water (This small amount of water is not required for a soup/stew.)</td>
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<tr>
<td>cream, any amount</td>
<td>same amount evaporated milk</td>
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<tr>
<td>egg, 1 whole</td>
<td>1 T. dried whole egg + 2 T. water</td>
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<tr>
<td>garlic, 1 clove</td>
<td>¼-1 t. granulated garlic (see product label) OR ¼ t. garlic powder OR ½ t. dried minced garlic</td>
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<tr>
<td>green pepper, ¼ cup, diced</td>
<td>2 T. dried, diced green peppers + 2 T. water (This small amount of water is not required for a soup/stew.)</td>
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<tr>
<td>meat, ½ to 2 lbs.</td>
<td>1 (10-12 oz.) can meat OR 1¼ c. freeze-dried meat + ¼ c. water</td>
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<tr>
<td>onion, 1 medium, chopped</td>
<td>¾ c. dried onions + ¼ c. water OR 1 t. onion powder</td>
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<tr>
<td>potatoes, 1 medium, peeled and diced</td>
<td>½ c. dried potato dices + ¾ c. water</td>
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</tbody>
</table>

### All other dried fruits and vegetables are generally hydrated in double the amount of water.

#### Hydrating Dried Foods
- These hydrate more quickly in warm to hot water.
- For soups and stews: Add dried vegetables and hydrating water with other ingredients. Dried vegetables will hydrate and cook while the soup cooks. Pre-soaking and sautéing are not necessary.
- Most dried vegetables require a minimum cooking time of 10 minutes. Dried carrots, peas and corn require 20-30 minutes. Puff-Dry carrots require only 5 minutes.
- For salads:
  - Dried green peppers, celery and Puff-Dry carrots are hydrated in lukewarm tap water for 10 minutes while preparing the rest of the recipe. Drain and add uncooked to salad.
  - Dried onion does not require hydrating. For best flavor, add dried to salad.
  - All other vegetables should be cooked before adding to salad.

#### Hydrating Freeze-dried Foods
- These don’t shrink in drying. Double the amount when substituting for dried foods in recipes.
- For soups and stews, add with hydrating water last 5 minutes of cooking.
- For salads, pre-soak 10 minutes in lukewarm water; drain and add uncooked to salad. (For best flavor, add a little sugar as peas hydrate.)

### Education Week 2015

**Easy, Fast and Delicious Recipes Using Stored Food**

### Colorful Black Bean and Rice Salad

2 c. water
¾ c. dried green peppers
¼ t. salt
½ c. soaked and cooked dry black beans
½ c. uncooked long grain rice
OR 1 (15 oz.) can black beans, drained and rinsed
¾ c. dried carrots
1 (15 oz.) can corn, drained
¼ t. granulated garlic
1 T. dried onions

**Dressing:**
½ c. olive oil
½ t. cayenne pepper
½ c. bottled lemon juice
½ t. cumin
1-1/2 T. dried cilantro

In a saucepan, bring water, salt, rice, carrots and garlic to boil. Simmer, covered, 20 minutes until water is gone (add water if needed). Meanwhile, soak green peppers in ½ cup lukewarm water for 10 minutes.

Pour rice mixture into a bowl to cool. Add black beans, corn, onions, and drained peppers. In a small bowl, whisk dressing ingredients together. Pour over salad and toss. Chill. Serves 6-8.

**When using Puff-Dry dehydrated carrots:** Substitute same amount as dried carrots; soak with peppers in ¼ cup lukewarm water. Drain; add to salad.

### Cashew Chicken Pasta Salad

2 ½ c. uncooked tri-color rotini pasta
½ c. dried cranberries
1 (20 oz.) can pineapple tidbits, well drained
1 (10-12 oz.) can chicken chunks, drained and broken up
2 T. dried celery
2 T. dried onions
½ c. cashews, salted

**Dressing:**
½ c. mayonnaise
1 c. Kraft coleslaw dressing (no substitutes)

Cook pasta according to package directions; drain, rinse, and cool. Meanwhile, soak dried celery in ¼ cup lukewarm water for 10 minutes. In a large bowl, combine rest of salad ingredients; add drained celery. Whisk together mayonnaise and coleslaw dressing. Pour over salad ingredients and toss. Chill to blend flavors. Serves 5-6.

### Tuscan Pasta and Bean Soup

3 c. water
1 ¾ c. soaked and cooked white beans OR ¾ c. dried diced carrots
1 (15 oz.) can white beans, drained
¼ c. dried celery
1 c. uncooked penne or other shaped pasta
2 T. dried onion
1 (15 oz.) can diced tomatoes, undrained
2 t. chicken bouillon
1 (15 oz.) can green beans, drained
¾ t. granulated garlic
Romano or Parmesan cheese (optional)
2 T. olive oil

In a pot, heat water while adding ingredients in first column and white beans. Bring to boil; reduce heat and simmer, covered for 10-15 minutes. Stir in pasta and simmer covered 10 minutes more. Add tomatoes and green beans; heat through and serve topped with cheese, if desired. Serves 4-5.

**When using Puff-Dry dehydrated carrots:** Substitute same amount as dried carrots. Bring water, ingredients in first column, and white beans to boil. Add pasta and simmer, covered, 10 minutes. Continue with recipe instructions.
Chicken Lentil Soup

6 ¾ cups water
1 c. dried lentils, sort and rinsed
1 c. dried carrots
¼ c. dried onions
1 (4 oz.) can mushrooms, drained and broken up
4 ¼ t. chicken bouillon

In a pot, bring all ingredients except tomatoes, chicken and cheese to boil. Reduce heat; simmer, covered, for 35 minutes. Add tomatoes and chicken. Heat; serve topped with cheese.

When using Puff-Dry dehydrated carrots: Substitute same amount as dried carrots. Add last 5 minutes of cooking time. Serves 6.

Mushroom Chicken Rice Soup

5 c. water
4 ½ t. chicken bouillon
1 c. dried onions
¼ c. granulated garlic
¼ c. long grain rice
½ t. tarragon

In a pot, heat water while adding bouillon, onions, and garlic. Bring to boil; stir in rice. Reduce heat and simmer, covered, 20 minutes. Add seasonings. Whisk flour into evaporated milk. Remove soup from heat; whisk in milk mixture. Return to boil; stir into beef mixture. Bring to boil, stirring; simmer 1 minute. Stir in mushrooms and chicken; heat and serve. Serves 6.

Easy Chicken Mole

1 (10-12 oz.) can chicken chunks, reserve broth
½ c. water
2 T. olive oil
2 T. dried onions
1 T. chili powder
½ T. cocoa powder
2 t. brown sugar
2 t. chili powder
¾ c. brown sugar, packed
1 T. sugar

In a saucepan, whisk together chicken broth and all ingredients except chicken, tomatoes, and cooked rice. Add tomatoes and bring to boil; reduce heat and simmer, 10 minutes. Stir in chicken and break into small pieces. Heat through and serve over cooked rice. Serves 4.

Sweet and Sour Beef

3 c. water
1 ½ t. dried basil
1 ½ t. dried basil
2/3 t. dried basil
1 ½ t. dried basil

Combine first five ingredients; simmer, covered 20 minutes until carrots are tender. Add rest of ingredients, except cornstarch, and ¾ cup water and simmer 5 minutes more. Mix cornstarch in ¾ cup water until there are no lumps; stir into beef mixture. Bring to boil, stirring constantly. Simmer 1 minute. Serve over cooked rice. Serves 5-6.

When using Puff-Dry dehydrated carrots: Substitute same amount as dried carrots. Simmer first 5 ingredients for only 10 minutes. Continue with recipe instructions.