

REHYDRATING DEHYDRATED VEGETABLES

Vegetable	How to rehydrate	Volume increase	Weight increase
Green Beans	Boil.	~2	5
Broccoli, chopped	Soak in cool water 10-15 minutes or boil 2 minutes.	~2.25	5.4
Cabbage	Soak in cool water or boil.	~2.25 to 2.6	6
Carrots	Soak in cool water for 20 minutes or boil for 15.	~2	4.6
Celery	Soak in cool water or cook.	~2	4.2
Sweet Corn	Soak several hours before boiling, if possible. Boil 30 minutes.	~2	3.3
Mushrooms	Soak in cool water.	0	4.1
Onions	Soak in cool water or boil.	~1.3 to 3	4
Sweet peas	Boil.	~3	~3.3
Mixed bell peppers	Soak in cool water 1 to 2 hours or boil 3 to 5 minutes.	~2	6.1
Hash browns	Boil 10 to 15 minutes. Some only require soaking in an equal amount of hot water at room temperature for 12 minutes and then drain.	~2	5.8
Tomato powder	Stir into room temperature water.	~1.66 (for paste)	~2.7 (for paste)
		~2.5 (for sauce)	

References: USA Emergency Supply <https://www.usaemergencysupply.com/>; San Francisco Herb Company; package labels.

Simply Prepared: A Guide to Emergency Preparedness and Foods Storage, revised edition, by Cheryl F. Driggs