

GUIDELINES FOR USE OF DEHYDRATED ONIONS, GREEN PEPPERS, AND PARSLEY**ONIONS**

Dehydrated, chopped and dehydrated compressed, chopped onions may be used in any recipe which specifies “onions, fresh, chopped or sliced.”

REHYDRATION GUIDE:	Dehydrated Onions +	Water = (70-90° F.)	Rehydrated Onions OR	Fresh Onion Equivalent*
Dehydrated chopped onions	2 oz (9-2/3 tbsp)	1-1/2 cups	8 oz (1-1/4 cups)	1 lb (3 cups) (1 lb 1-3/4 oz A.P.)
	3-1/3 oz (1 cup)	2-1/2 cups	13 oz (2 cups)	1 lb 10 oz (4-3/4 cups) (1 lb 13 oz A.P.)
	1 lb (4-7/8 cups)	3 qt	4 lb (2-1/2 qt)	8 lb (1-1/2 gal) (8 lb 14 oz A.P.)
	2 lb 8 oz (3 qt-1 No. 10 cn)	7-1/2 qt	10 lb (6-1/4 qt)	20 lb (3-3/4 gal) (22 lb 3 oz A.P.)
Dehydrated, compressed chopped onions	1-3/4 oz	1-1/2 cups	8 oz (1-1/8 cups)	1 lb (3 cups) (1 lb 1-3/4 oz A.P.)
	2-1/3 oz	2 cups	10-1/2 oz (1-3/8 cups)	1 lb 5 oz (1 qt) (1 lb 7 oz A.P.)
	1 lb	3 qt	4 lb 8 oz (2-1/2 qt)	9 lb (6-3/4 qt) (10 lb A.P.)
	1 lb 3 oz (1 No. 2-1/2 cn)	3-1/2 qt	5 lb 5-1/2 oz (3 qt)	10 lb 11 oz (2 gal) (11 lb 14 oz A.P.)

* Volume is for chopped onions.

FOR RECIPES WITH SMALL AMOUNTS OF LIQUID: Cover dehydrated onions with 70° F. to 90 F. water. Stir dehydrated compressed onions occasionally to break apart. Let dehydrated onions stand 30 minutes; compressed dehydrated onions 1 hour or more. Drain. Note: Weight of rehydrated onions will be less than weight of dry onions but appearance and flavor will be similar.

FOR SOUPS, STEWS, SAUCES OR RECIPES WITH A LOT OF LIQUID: Add dehydrated chopped or dehydrated compressed onions directly.

GREEN PEPPERS

Dehydrated green peppers may be used in any recipe which specifies “peppers, sweet, diced or chopped.”

REHYDRATION GUIDE:	Dehydrated Peppers +	Cold Water = (35-55° F.)	Rehydrated Peppers OR	Sweet Peppers Equivalent*
	1 oz (2/3 cup)	2 cups	6-1/2 oz (1-1/3 cups)	6-1/2 oz (1-1/4 cups) (8 oz A.P.)
	1 lb (2-1/2 qt)	2 gal	6 lb 8 oz (5-1/2 qt)	6 lb 8 oz (1-1/4 gal)(7 lb 15 oz A.P.)

* Volume is for chopped peppers

FOR SALADS OR UNCOOKED DISHES: Cover with cold water. Refrigerate 1 hour or overnight. Drain.

FOR RECIPES WITH SMALL AMOUNTS OF LIQUID: Cover with cold water. Let stand 30 minutes. Drain.

FOR SOUPS, STEWS, SAUCES OR RECIPES WITH A LOT OF LIQUID: Add dehydrated peppers directly.

PARSLEY

Dehydrated parsley may be used in any recipe which specifies “chopped, fresh parsley.”

REHYDRATION GUIDE:	Dehydrated Parsley +	Cold Water = (30-35° F.)	Rehydrated Parsley OR	Fresh Parsley Equivalent*
	1 oz (1-2/3 cup)	3-1/3 cups	8 oz (1-3/4 cups)	9 oz (4-1/4 cups) (9-1/2 oz A.P.)

* Volume is for chopped parsley

FOR SALADS OR UNCOOKED DISHES: Cover with ice cold water. Let stand 3 to 5 minutes. Drain.

FOR SOUPS, STEWS, SAUCES OR RECIPES WITH A LOT OF LIQUID: Add dehydrated parsley directly.