



Beef Stew

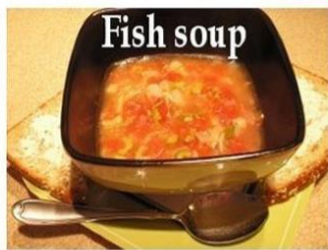


delicious!



Cauliflower Soup

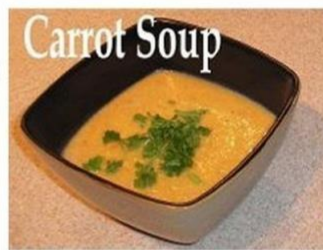
20 TASTE-TESTED EASY RECIPES



Fish soup



Shepherd's Pie



Carrot Soup

containing dehydrated food
*...that even your kids
and spouse will eat!*

including our famous
"Chicken Chow"
for your favorite dog!



Herbed Bread



Apple Sauce



SUSAN GAST

Includes Delicious Desserts and Breads too!

BY SUSAN GAST

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NOTE:

THIS IS A SHORTENED “INSTANT PREVIEW” VERSION

**VISIT [HERE](#) TO READ MORE,
OR BUY THE FULL VERSION [HERE](#)**

ACKNOWLEDGMENTS

After many requests, here's our best-loved easy-to-make recipes that use dehydrated food – yes, *food that the whole family will enjoy*.

Thanks go to Easy Food Dehydrating, and to their families and friends – namely Anita and James in Scotland, and John in England, for giving up a few of their sure-fire tummy-pleasing easy-to-make “sensible” and “likely to be eaten” recipes that contain dehydrated food.

FOREWORD

Why write this book?

Our food dehydrating mission came about after going through two hurricanes, back-to-back, and living without fresh food for almost two weeks. After eating up all the fresh stuff first so it wouldn't go off (no electricity for keeping the refrigerator running), we were amazed at how fast our stock of canned goods was also depleted. We became determined to be “pro-active” rather than “re-active”.

This recipe book will also suit “prepper” folks (me included) who would rather be prepared in case of an event whereby a national scare closes down the food supply chain.

One efficient way of ensuring a supply of “fresh” fruits and vegetables is to dehydrate them at their peak – and store them in plastic vacuum-sealed packages, for long-term storage – in the event of more hurricanes and other disasters, natural or man-made.

After hundreds of requests to put together a book featuring our recipes that contain dehydrated food, we finally got around to it! You simply wanted:

Easy Tasty Meals that contain Dehydrated Food that even your kids and spouse will eat!

As a “heads up”, this book is NOT a book of recipes containing meals made solely from dehydrated food; you need to add meat, water, stock etc.!

All the dehydrated food ingredients listed in our recipes were dehydrated from fresh, or frozen, vegetables, i.e. “raw”.

Fruits and Vegetables

The main dehydrated foods used in the recipes are dehydrated fruits and vegetables, which were plucked fresh from a garden (or purchased at the grocery store) and dehydrated at home for later consumption – either as a hedge against inflation, or simply due to an abundance of fresh goodies that can't be consumed fast enough before “going off”. I mention this so you don't have to go out and buy already dehydrated fruit and veggies... the dehydrated ingredients come from your own stock.

If you need/want information on “how to dehydrate foods”, then please consider purchasing our book, over at Amazon, called “[Easy Food Dehydrating and Safe Food Storage](#)”. It also contains the recipes in this book too.

A note about our “elephant garlic” ... it’s the super large bulb you’ll find in the stores; it has a milder flavor than “regular sized” garlic! (You can use “regular” dehydrated garlic too.)

What’s IN this book?

In this book you’ll find five main meal recipes and three side dishes to go along with some of them; and 12 super soup recipes – with three bread recipes to mop up the soup! To round off the meal, we have three delicious desserts to choose from.

There’s information about millet and quinoa which I use in the Cauliflower Mash recipe, and in our bonus recipe: “Chicken Chow Dog Food” that our Miniature Pinscher just loves!

These recipes are good old favorites of which I’ve had the pleasure of making for my family over the years. Some were passed along by friends, and a few came from my mom’s kitchen.

Want to use Fresh and not Dehydrated Ingredients?

Please note that ALL of these recipes can be made from fresh ingredients, and to that end **I’ve included the equivalent quantities of fresh foods** needed when swapping out the dehydrated ingredients.

These substitutions are included directly below the ***“How to make it”*** information on each recipe.

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Disclaimer

RE-HYDRATING FOOD

What you add to your dehydrated food is just as important as the dehydrated food itself.

In order to eat your dehydrated food in our recipes, you have to add water to re-hydrate the dried food. If you feel your tap water isn't up to par for drinking, then you wouldn't add that (contaminated) tap water to your food for eating, right? *Right!*



and MUCH MORE!

MAIN MEALS

BEEF STEW



Ingredients:

- 1/2 cup dehydrated carrots
- 1/2 cup dehydrated sliced potatoes
- 1/4 cup dehydrated onion
- 3 tablespoons dehydrated celery
- 2 slices dehydrated elephant garlic, crumbled
- 3/4 to 1 lb. fresh stewing beef
- 3 cups beef stock
- 2 tablespoons plain flour, mixed with 1/4 cup cold water
- Italian (dried) herbs to taste (about 1/2 teaspoon)
- 1 tablespoon Worcestershire Sauce
- 1 tablespoon tomato paste (optional)
- 2 tablespoons tomato ketchup
- salt* and pepper to taste

This beef stew is made in a slow-cooker – how easy is that?

How to make it:

Read more about our full version on our website [here](#).

1. Put the dehydrated items and seasonings in your crock-pot.
2. Prepare 3 cups beef stock in a large jug. Add the Worcestershire Sauce, ketchup, and optional tomato paste. Stir to dissolve the ketchup.
3. In a separate jug, measure 1/4 cup of cold water, add the flour, stir well then add this to the beef stock and Worcestershire Sauce and ketchup mix. Stir well.
4. Add the stock mix to the slow cooker (let it cool a bit so you don't shock your crock(pot)!
5. Add the stewing beef. Stir gently to mix all. Cover with crock-pot lid.
6. Turn on the slow cooker ... low heat, 4 - 6 hours.

**IF you need to add salt, do so, BUT be careful NOT to over-salt as the bouillon has salt in it.*

Fresh amounts to use in lieu of dehydrated:

- 2 medium carrots, peeled and sliced
- 2 medium potatoes, peeled and sliced
- 1/2 large onion, peeled and diced
- 1 celery stalk, sliced
- 2 slices fresh elephant garlic, or 1-1/2 small cloves "regular" garlic

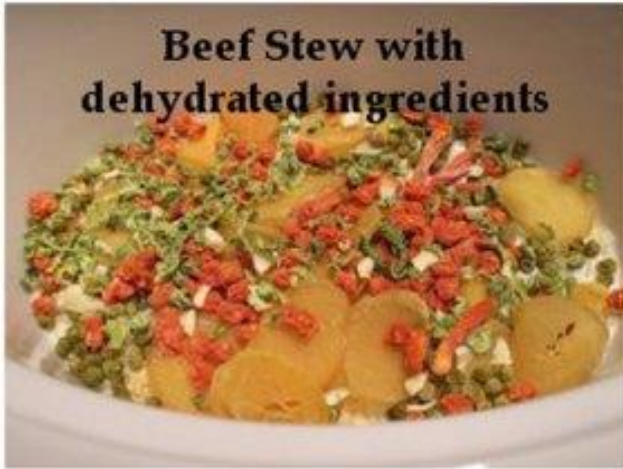
When you return home from work ... it's ready to eat!

NOTE: If you will be unable to check it during the day, make 4 cups of stock instead of 3, so it can cook for 8 hours - this way it will not dry out in the crock-pot.

The higher quality of your stewing beef, the more melt-in-the-mouth it will be! Make sure there is a little bit of marbled fat in the stewing beef, as that adds tremendously to the flavor of the beef stew.



**Beef Stew with
dehydrated ingredients**



**FANTASTIC
Beef Stew ...**



and MUCH MORE!

Read more about our full version on our website [here](#).

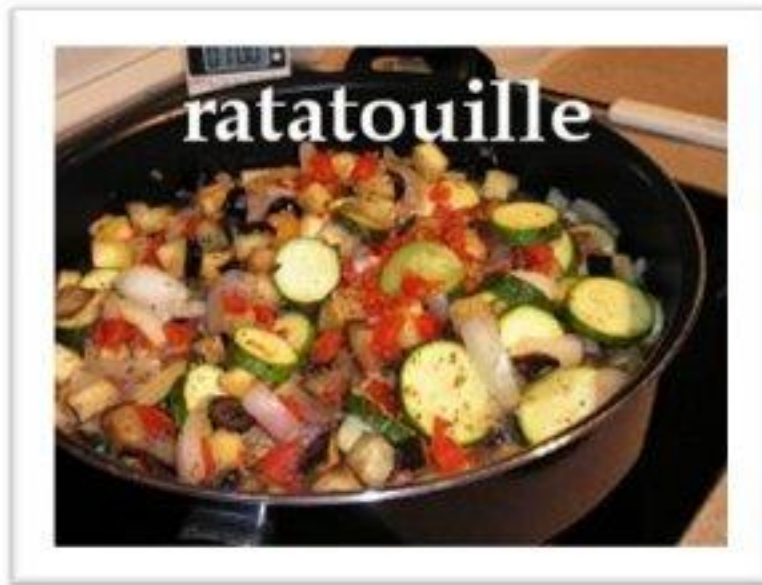
POTATO AND BACON HASH



and MUCH MORE!

Read more about our full version on our website [here](#).

RATATOUILLE



and MUCH MORE!

Read more about our full version on our website [here](#).

SHEPHERD'S PIE



and MUCH MORE!

Read more about our full version on our website [here](#).

TUNA PASTA BAKE



and MUCH MORE!

Read more about our full version on our website [here](#).

SOUPS

BLACK BEAN SOUP



and MUCH MORE!

Read more about our full version on our website [here](#).

CARROT SOUP



and MUCH MORE!

Read more about our full version on our website [here](#).

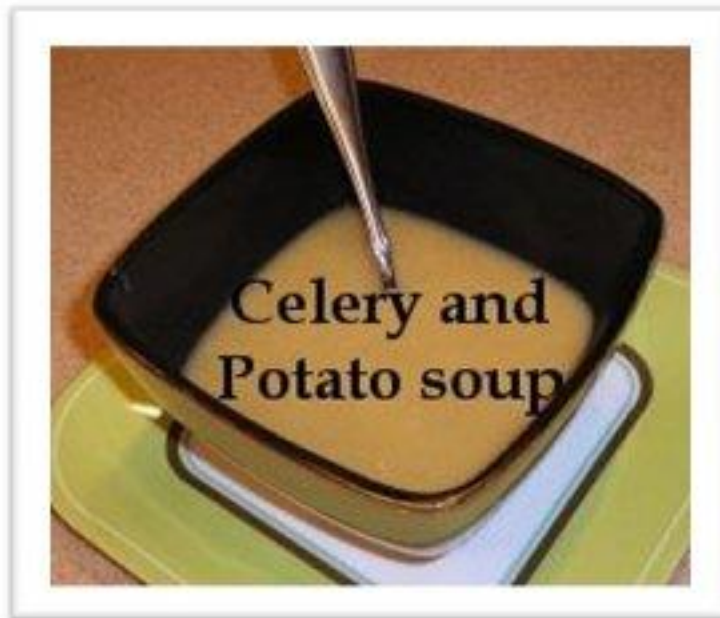
CAULIFLOWER SOUP



and MUCH MORE!

Read more about our full version on our website [here](#).

CELERY AND POTATO SOUP



and MUCH MORE!

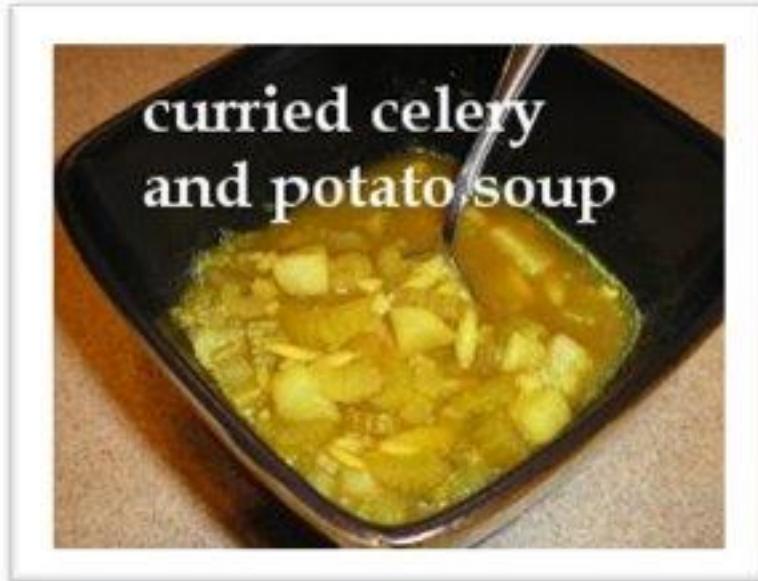
CHICKEN NOODLE SOUP



and MUCH MORE!

Read more about our full version on our website [here](#).

CURRIED CELERY AND POTATO SOUP



NOTE: This curried celery and potato soup recipe was given to us by Nigel of London, UK (they love their curries in the UK!) and we decided right away to make the soup! Nigel says it's based on the 'plain' celery and potato soup recipe, but with curry added for a very flavorful twist!

Enjoy -- *and "thanks, Nigel"!*

and MUCH MORE!

GREEN SPLIT PEA SOUP



and MUCH MORE!

Read more about our full version on our website [here](#).

LEMONY CHICKEN
ORZO SOUP



and MUCH MORE!

Read more about our full version on our website [here](#).

LENTIL SOUP

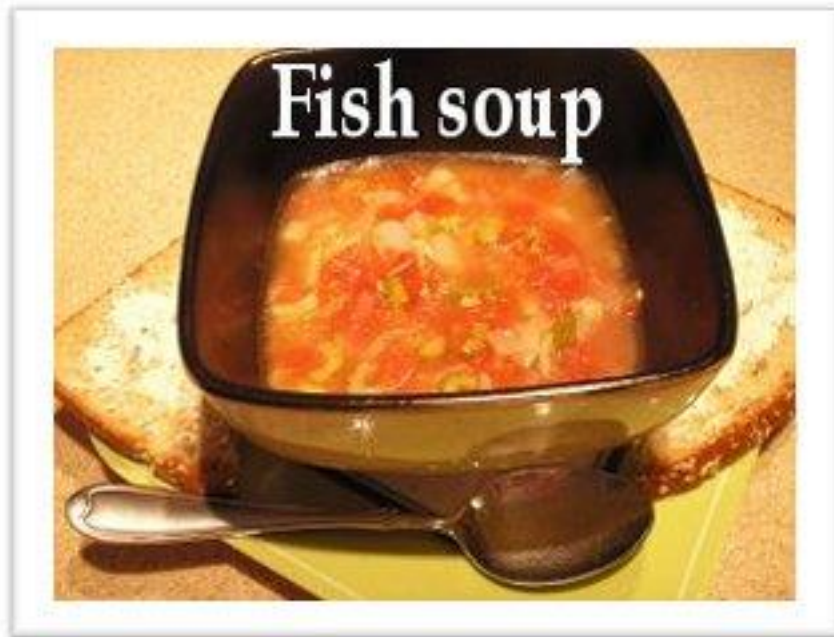


and MUCH MORE!

When the soup is fully cooked, there should be no crunch to the lentils at all; they should simply melt in your mouth! *Grab that slice of bread and butter too!*

Read more about our full version on our website [here](#).

TASTY TUNA FISH SOUP



and MUCH MORE!

This is a super-quick soup to make for lunch! I've always enjoyed clam chowders and New England (white!) chowders, but they are a bit more complicated to make than this ... and out of a time-crunch necessity came this recipe! Plus it's a great way to use up dehydrated hash-brown (diced) potatoes.

If you're in a rush, or don't have dehydrated diced potatoes – hash brown style – you can use frozen hash brown diced potatoes in a jiffy!

I hope you'll agree that it lives up to its title of 'tasty' tuna fish soup!

Here's an extra recipe, based on the Tuna Fish Soup, above.



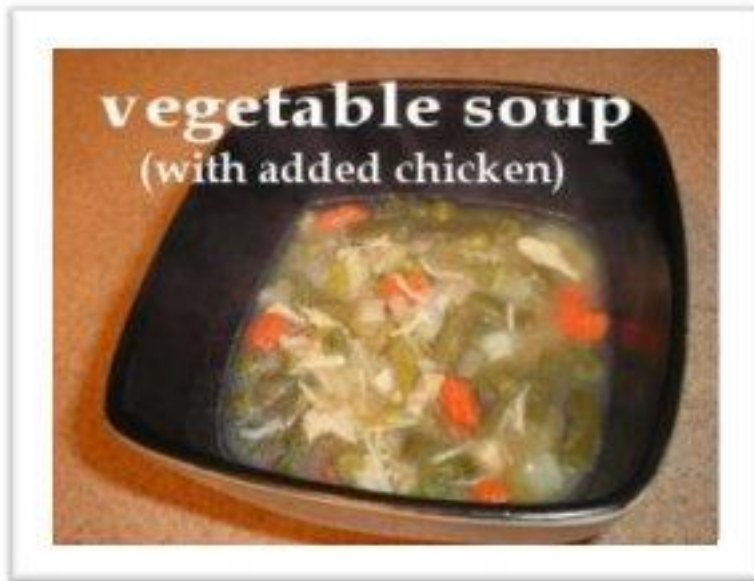
This one is called Tasty Tuna Fish Soup with Smoked Paprika:

First, I omitted the two cans of diced tomatoes. In their place I added one tablespoon of smoked paprika!

Also, I used all the oil in the tuna-in-oil can – I decided not to discard half of it as stated in the recipe – bearing in mind that fish oil is very good for us!

OK, so the oil isn't exactly FROM the fish, but it's been hanging around the fish in the can! Don't shoot me! :-)

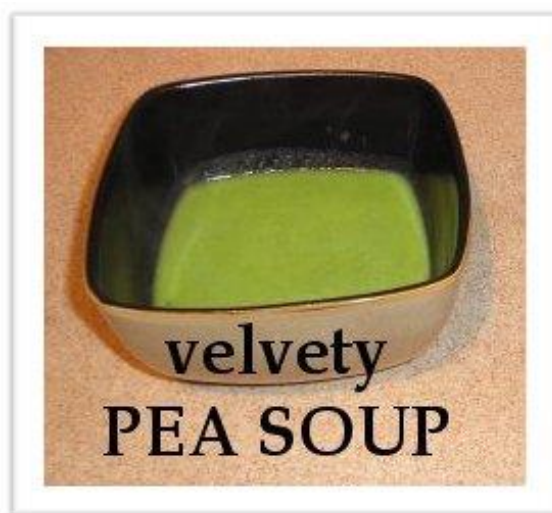
VEGETABLE SOUP



and MUCH MORE!

Read more about our full version on our website [here](#).

VELVETY PEA SOUP



and MUCH MORE!

Read more about our full version on our website [here](#).

MAKE YOUR OWN “INSTANT SOUPS”

Consider having vacuum-sealed packages consisting solely of dehydrated vegetables. All you would need to do is to simply add water as the re-hydrating medium – and voila, it’s soup time!

You can make up packages of assorted dehydrated vegetables (more on that coming up shortly), in either single-serving packets; or vacuum-sealed packets with a larger quantity – with enough to serve a family.

Bouillon

Many of our recipes use “paste” bouillon that is sold in jars (Better Than Bouillon by Superior Touch), but for those who wish to make up “soup packets” and vacuum seal them, please feel free to use dried and cubed bouillon cubes, such as the Knorr brand – just crumble one or two of them into the plastic vacuum-bag along with your dehydrated soup mix, and add an oxygen absorber (available at Amazon.com) prior to vacuum sealing.

For soups that have pretty fine, or very small-sized ingredients, empty the contents into a bowl, add boiling water, stir, and wait about five minutes. *Just remember to remove the oxygen absorber before adding water for rehydrating/cooking!*

~ * ~

For homemade “instant” soups using *bigger chunks* of *raw* dehydrated vegetables, bring the vegetables and the stock back to a boil, and simmer for around five minutes, or until the vegetables are “done” to your liking.

If you choose to vacuum-pack *dehydrated “pre-cooked” vegetables*, then simply adding boiling water is sufficient for consumption, after letting the soup sit for about five minutes, so the vegetables can absorb the bouillon and be re-hydrated sufficiently.

~ * ~

As mentioned in the Re-Hydrating Food chapter when re-hydrating foods in hot/boiling water, you must bring back to the boil any dehydrated foods that have been re-hydrating for more than half an hour. Why? Don’t risk airborne germs making themselves at home in your once-hot, but now warm and rapidly cooling-off vegetables! Most of the recipes in this book are “brought to the boil” at some point, so it’s really only the “instant soups” mentioned above where you can let the re-hydrating mixes “sit around” for five or ten minutes (after adding boiling water) before safely consuming without any fear of “airborne contamination.”

I know, I know – but it’s always better to be “safe” than “sorry.”

SIDE DISHES

CAULIFLOWER MASH



and MUCH MORE!

Read more about our full version on our website [here](#).

CHICKEN SALAD



and MUCH MORE!

Read more about our full version on our website [here](#).

TUNA SALAD



and MUCH MORE!

Read more about our full version on our website [here](#).

BREADS

ANITA BREAD



Super Easy Bead!

Can be used as Naan bread or pizza dough!

Here is a super easy bread recipe from my buddy Anita in Scotland. Anita had her own thriving business she ran with her husband, James (the nice guy shown above). Together they took to the roadsides of Britain, feeding hungry festival crowds with their tummy-pleasing hot baked potatoes, soups – and sandwiches with their home-baked bread! Anita kindly shared her super easy bread recipe with us, coming up soon!

Anita's Discovery

For years, Anita had been baking bread using her bread-making machine (like we all do!) but decided to just use it for making the dough only – and to finish off the bread in a real oven. And you need to see the fantastic ovens that James creates! :-)

But then she made a discovery that totally changed the way she makes bread now!

She says it takes her "one trip out to the store" and for a few minutes each week she can put together enough dough to last her a week - and she stores the dough in her 'fridge! How great is that?

Read more about our full version on our website [here](#).

Her Naan bread (which is a leavened, oven-baked flatbread of either Indian or Iranian origin) goes great with curry (the Brits love their curry, kindly passed on to them by the Pakistanis), and Anita makes all kinds of pizzas, both vegetarian and 'regular'.



Photo courtesy rustic-simplicity.co.uk

Her first loaf was 'artisan' in nature but didn't hang around the kitchen long enough to be 'appreciated' – the aroma and butter won out ...

The next day she made flat bread stuffed with peppers and olives!

Pizza came next ... (heck, I'm moving to Scotland right now) and another loaf too followed by Naan bread the day after!

(Maybe we can get an airline discount if we all go over at once?)

Ingredients for Anita's Super Easy Bread:

3 cups warm water

2 packets yeast

1-1/2 tablespoons sea salt

6-1/2 cups PLAIN flour (not bread or strong flour, just plain!)

fine oatmeal for the pizza paddle

Yes, this is ALL you need — that's it!

We will need to get a plastic box, Anita uses one this size: 8" x 16" x 6" deep.

If this is too much bread to store in your refrigerator, simply halve the ingredients.

Read more about our full version on our website [here](#).

How to make it:

1. In the plastic box, add the warm water, yeast, and salt and mix in the flour. Use a wet hand or wooden spoon. The mixture should be quite wet – wet enough to actually flow into the corners of the box!
2. Let sit out at room temperature for two hours, to rise.
3. Take out what you need, and refrigerate the rest.
4. Grab a ball of dough, grapefruit-sized, to make a loaf. Don't over handle it, just shape it into a ball by pulling the sides under leaving a nice smooth top. Dust the paddle with the oatmeal and leave the loaf to rise. After 20 minutes, put the oven on to pre-heat and place a *baking stone and a water container in the oven. For the water container, an old pie-crust tin is good.
5. Don't put water in the container yet but make a couple of slashes across your dough (it helps to dust the bread first with flour – great tip Anita!)
6. Preheat the oven to 475°F (Anita calls for 250°C so that's pretty close). I actually use 450°F when I'm making this, use what suits you best.
7. After 20 minutes of pre-heating, slide the loaf onto the stone. Pour a cup of water into the container, close the oven and patiently W-A-I-T.
8. Check in 20 to 25 minutes. Take the bread out and tap it, it should sound hollow when done. Anita says every oven is different, so do the tapping-test for hollow-ness and that's it!
9. Let cool completely (yeah, right). Spread with butter. Indulge. Enjoy.

** Anita uses four terra cotta tiles on a tray as her pizza stone!*

Here's how the bread turns out while making pizza!

I decided to try my hand at Anita's Bread and Pizza because a couple of days ago, Anita and James shared their bread recipe with me, and I decided to 'have a go' and make a loaf and a pie!

My husband brought home a pizza stone and a huge spatula combo kit from Target Stores. The spatula is made of stainless steel and it's a super heavy-duty spatula too! You'll see it farther down the page.



The stone worked great, but I wish I could say the same for the spatula ... even though I put on a good amount of ground-up oatmeal on it, I guess I let it sit on the slotted spatula too long, and it was a REAL pain to get it off, and on to the stone.

NOTE: See how the problem was fixed by reading the UPDATE just below regarding the spatula!

Nevertheless, it was SUPER tasty and quick and easy to make!

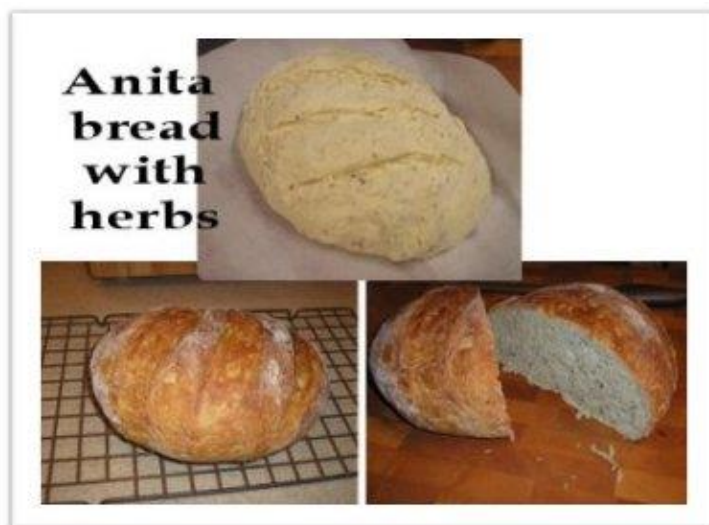


Here's the dough, above, just after mixing and then two hours later.

Anita asked me how the pizza making went, and I told her to have a look at the page you're reading now ... and she kindly pointed out that I had not followed her directions!

and MUCH MORE!

HERBED (ANITA) BREAD



Here's Anita's Super Easy Bread again, but this time I've added plain old Italian Herbs to the dough recipe to create Herbed Bread – nothing hard work or too fancy here, and the aroma this herbed bread puts out while baking is mouthwatering ... getting a grumbling tummy as I type this!

and MUCH MORE!

Read more about our full version on our website [here](#).

HOME-BAKED BREAD



Let's learn how to bake your own bread and save money just like my friend over in the UK!

He loves to cook and bake ...

I decided it was high time to try my hand (again) at bread making. I did have a go when I was a kid, and they turned out like loaves of bricks. That put me off for 30 years! About 10 years ago I bought a bread-making machine and used it four times. That made each loaf of bread work out to cost \$37.50! :-) So, by making your own bread without any fancy appliances, you'll certainly save money, plus get an arm-workout!

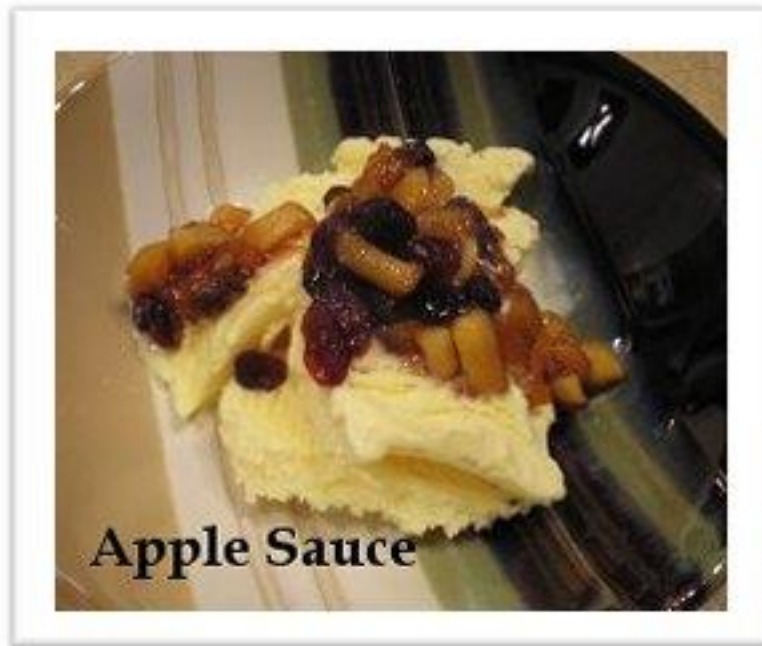
Yes, bake your own bread and save money – you don't have to rely on the grocery stores' high-priced breads. *Mom and I figured it cost me around \$1 per loaf, and about ten cents each per bun! WOW!*

My husband researched for me and came across this fantastic bread recipe over at Bread World.

and MUCH MORE!

DESSERTS

APPLE SAUCE



Ingredients:

- 1 apple, peeled and diced
- dash of cinnamon
- 1-1/2 teaspoons of lemon juice
- tablespoon of water
- handful of dehydrated cranberries
- handful of dehydrated grapes (raisins)
- 2 dessertspoons brown sugar
- 1 tablespoon apricot jam

How to make it:

1. Peel the apple, dice into small to medium pieces.
2. Put in a non-stick pan and add the lemon juice, toss.
3. Add the water and cinnamon, stir well.
4. Add the raisins and cranberries, stir and cook about five minutes.
5. Add the brown sugar, stir, heat on low a minute.
6. Add the apricot jam, stir well and serve!

This sauce is so easy to make!

Fresh amounts to use in lieu of dehydrated:

Just use store-bought dehydrated cranberries, it's faster!

3 oz. fresh grapes dehydrated at home (or use the store-bought raisins)

We enjoyed this apple sauce, warm, straight from the pan, spooned right over some French vanilla ice cream – absolute H E A V E N ! It didn't take more than five minutes to make either, just gave us just enough time for the ice cream to soften a little in the bowls.

Double up the recipe ingredient amounts, as the quantity above was good for two people ... and store in your freezer.

And yes, you can omit the apricot jam, but honestly, it adds a little zing, and thickens the juice. If it's a bit runny, keep heating it up and the extra liquid will evaporate.

Use “three-fruit” marmalade (or a regular marmalade) for a tangy change.

And don't forget, this fabulous sauce works well as a sauce/dressing on ***roast pork*** too!

You could also add this sauce to Indian cuisine. For example, add some to a bowl of ***chicken curry*** – stir well – and then spoon the curried sauce over a bed of rice. Yummy!

DEB'S DELECTABLE
CARROT CAKE



and MUCH MORE!

Read more about our full version on our website [here](#).

MOM'S CRANBERRY
PINEAPPLE PIE

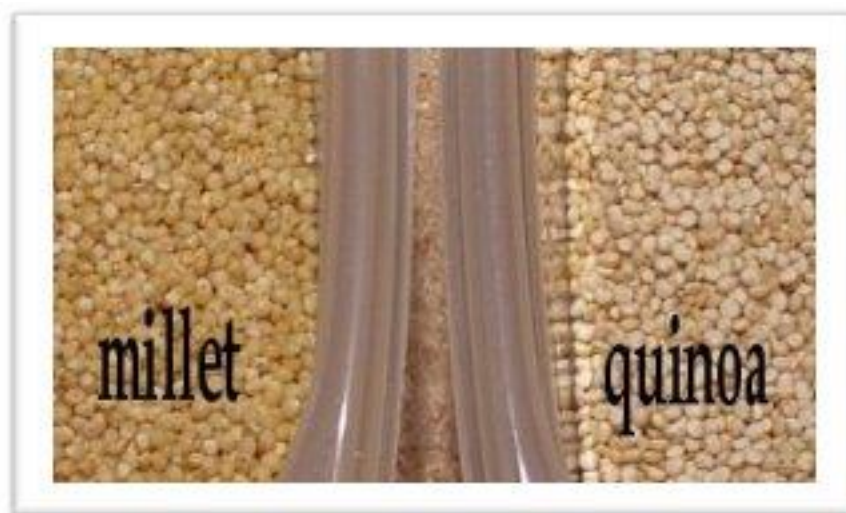


and MUCH MORE!

Read more about our full version on our website [here](#).

MISCELLANEOUS

MILLET AND QUINOA



Millet and Quinoa, but first... Millet:

Millet has been around for centuries. It is widely grown around the world. It has many uses -- from nutrition to alcoholic beverages to porridge!

As a kid I used to have a budgie named Mickey who used to have millet on the sprig pushed through his birdcage bars! *He'd manage to get those seeds everywhere!*

and MUCH MORE!

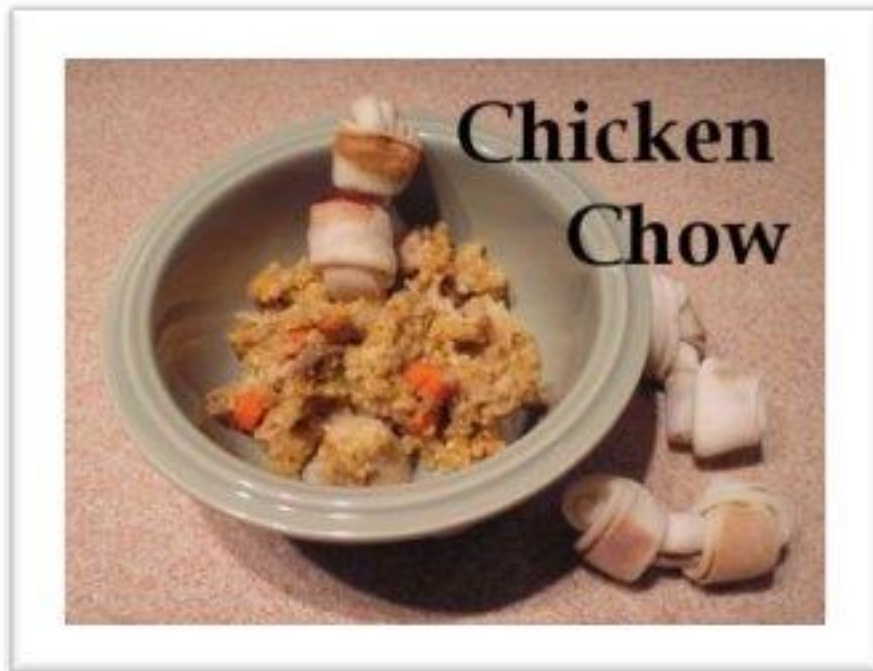
... and finally, Quinoa

Just like millet, quinoa has also been around for centuries. Quinoa's protein content is very high – between 12% to 18%! ***It is a complete protein source*** – it contains the essential amino acids the body needs.

Note: quinoa is pronounced 'keen-wah'. It is a good source of fiber, and is high in Magnesium and Iron too.

and MUCH MORE!

CHICKEN CHOW
DOGGIE FOOD



and MUCH MORE!

Read more about our full version on our website [here](#).

~ * ~

The End of this “Instant Preview”

Please also see these eBooks also on Amazon:

[Easy Food Dehydrating and Safe Food Storage](#)

And this preview you’re reading for the entire book over on Amazon:

[How to Dehydrate Food ... Top 20 Topics ... over 225 Questions Answered](#)

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