

EASY FOOD DEHYDRATING AND SAFE FOOD STORAGE

BY SUSAN GAST

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In this **sample**, I have kept all the items (links) visible in the Table of Contents.
For the purposes of this “Instant Preview,” only a few of the hyperlinks will work
because this is a **sample** of the whole 290-page book!

For the links that take you to their sections,
please note the content has been abbreviated
and will state: **AND MUCH MORE!**

Please consider treating yourself and your family to the full book over at Amazon.com... Here’s the link:

<https://www.amazon.com/dp/B0093ZGX3Q>

Note that it is available as an **eBook**, a **Paperback**, and in **Audiobook** format too!

Download the **FULL version** of this book by visiting:
<https://www.easy-food-dehydrating.com/easy-food-dehydrating-ebook.html>

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Why Dehydrate Food?

WELCOME!

Allow Easy Food Dehydrating to show you just how easy it is to prepare and create dehydrated food – no more worries about throwing away spoiled foods – dehydrate it, store it – and you’re good to go – anytime of the year!



We'll show you how to make dehydrated fruit, dehydrated vegetables, and dehydrated meats... along with some dehydrated pet treats!

We also have tips on how to store your dehydrated foods for long-term food storage, so you can beat inflation, and a possible food shortage caused by changing weather patterns and/or inflation. Long-term food storage is on the minds of many people. It's now more important than ever to have long-term food supplies on hand, due to inflation wreaking havoc on food prices at our grocery stores!

WHILE YOU'RE HERE, CHECK OUT OUR FOOD DEHYDRATOR AND FOOD VACUUM SEALER INFO. -- IT'S HOW YOU GET THE FOOD FROM THE GROCERY STORE, OR GARDEN, INTO YOUR BAGS, BINS, BUCKETS, AND JARS!

Don't forget to check out our free dehydrated food recipes!

Now it's time to get started! We're very happy that you have this book to show you how to prepare for food shortages and save money by dehydrating your fresh produce (or frozen food from the stores) in the comfort of your own home so you can create easy meals at the drop of a hat with our free recipes!

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HERE'S HOW TO DEHYDRATE FRUIT, VEGETABLES, AND MEAT



Our easy-to-follow instructions show you how to safely dehydrate fresh or frozen food, so you'll have it in your pantry to use for weeks and months, instead of just for a few days, before it spoils!

**NO MORE MONEY WASTED
THROWING OUT SPOILED FOOD!**

BEAT SOARING FOOD PRICES

**SAVE MONEY NOW – DEHYDRATE FOOD
AT TODAY'S PRICES!**

When fully re-hydrated, Dehydrated Food looks and tastes the same as it did in its fresh state and is fantastic for whipping up soups and stews. It's also great for long-term food storage -- we'll show you how to safely store all your goodies too, away from air, moisture, bugs... and prying eyes!

AND MUCH MORE!

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6 SIMPLE STEPS



The basis of the first simple step is to buy foods that are on sale or in season! Buy Fresh Produce OR Frozen from the grocery store freezers! Maybe it's time to start growing your own fruits and vegetables too. Consider buying fresh foods in bulk. Visit local farms, and stop by those fantastic road-side fruit and vegetable stands. Get to know your local farmers!



Preparing your food is step number two - simply by washing, blanching, steaming, or spraying with lemon juice! The lemon juice deters oxidation so the food doesn't go brown. If you go the easiest route with frozen foods, there's no preparation involved - now that's easy!



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Step Three: Dehydrate your foods by using an electric dehydrator, and read a brief overview on the main fruit and vegetable pages. Then simply select the fruit of your choice, or a vegetable you like! There's even a section on cooked meats for easy-to-do dehydration at home too – ideal for jerky!



Step Four: Condition your foods - Place cooled foods into air tight bags, such as zip-lock bags, so that the air and moisture in the bag circulates and distributes evenly! Let them sit out on your counter-top for a day or overnight.



Simple step five consists of vacuuming the air out of your bags. Place your food in the vacuum sealer bag with an oxygen pack. We are now ready to use a vacuum sealer machine to draw the air out of the bags -- this is a lot of fun!



Step six is the final step in our journey of dehydrating food and storing it away in a safe place. Store your foods in Mylar bags, and finally in plastic lidded bins or feed buckets with lids -- for the long-term.

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YOUR DEHYDRATING FRUIT HQ

ENJOY THE FRUITS OF YOUR LABOR – EVEN IN THE OFF-SEASON!

The best time for dehydrating fruit is at the peak of season when your favorite fruits are readily available... you'll save money too. You can have dried apples, oranges, and strawberries available TO YOU year 'round now!

Yummy healthy snacks... and dare I mention great baked apple pies!!

So make a quick trip to your local grocery store, or even better, to those great road-side stands and buy your apples by the bushel! Visit a local orchard if one is close by.

Dehydrated apples, bananas, and strawberries can be in your family's backpacks, lunch bags - and your pantry. Create tasty fruit rolls -- it's nature's own candy -- and your kids will love them! They are fantastic for backpacking too!

AND MUCH MORE!

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PICK A FRUIT

Apples

Apricots

Bananas

Berries

Cherries

Fruit Rolls

Grapes

Lemons, Limes, Oranges

Melons

Peaches

Pears

Plums

Rhubarb

Strawberries

HOW MUCH FRESH FRUIT SHOULD I BUY TO FILL 4 DEHYDRATOR TRAYS?



AN EASY GUIDE FOR FRUIT

Most of us do not have tons of spare room in our fridges and freezers, so before you go out buying too much, here's a handy guide that shows how much fruit will fit on four dehydrator trays. Please remember this is just a guide. It's not an exact science...

FRUIT

Apples: fresh, 3-4 medium

Apricots: fresh, 5 whole per tray (20 total); frozen, 2lb bag

Bananas: fresh, 6-8 medium to large

Berries: fresh or frozen, 2lb

Cherries: fresh or frozen, 2lb

AND MUCH MORE!

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DEHYDRATING APPLES



NOW THEN, HOW 'BOUT THEM APPLES? ...

By dehydrating apples from the grocery store, you can now have a steady supply of apples available to you all year - if you're not lucky enough to have your own apple orchard out back!

This is easily achieved by dehydrating apples at home when they are in season and plentiful via the grocery store in bags or from your own back yard in bushels!

Apple's best vitamins are: vitamin A, vitamin C, followed by vitamin K with trace amounts of Choline, Pantothenic Acid, and Niacin.

The minerals found in apples are Potassium, followed by Phosphorus, Calcium, Magnesium, and trace amounts of Zinc.

Apples also contain Omega-3 and Omega-6 fatty acids.

HOW TO DEHYDRATE APPLES



IF USING FROZEN APPLES, IGNORE STEPS 1 AND 2.

- 1) Peel, core, and slice your apples with a handy apple-peeler-corer gadget.
- 2) Place slices in a bowl and generously spray with lemon juice. TIP: Use a pump-top from a new unused spray bottle, pick one that fits your lemon juice bottle, look for one that has a long enough plastic tube that'll reach to the bottom of your lemon juice bottle.
- 3) Arrange the apple slices on your dehydrator trays, making sure the apples don't overlap.
- 4) Turn on your food dehydrator and set the temperature between 125°F and 135°F (or per your food dehydrator's instructions).

Delicious dried apples are pliable when dried.

Drying time: between 4-10 hours.

Please remember to rotate your dehydrator trays for even drying.

Simply add water to your dried apples to re-hydrate them, and we're off making the best apple pies around... or applesauce, or apple breads, or cookies...

You'll want one of those apple-peeler-corer gadgets as shown in the first photo... Honest! Not only are they easy to use, they are truly fascinating to watch! Go to Amazon and get yours today. (You can also peel potatoes with them!)

MMMM-MMM... SOON THE DELICIOUS APPLE-PIE AROMA FROM YOUR KITCHEN WILL BE DRAWING FRIENDS AND NEIGHBORS FOR MILES!

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This photo shows three vacuum-sealed bags of dehydrated apples.

More to come on the blue packets – they are [Oxygen Absorbers](#)!

AND MUCH MORE!

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PICK A VEGETABLE

(Green) Beans

Broccoli

Butternut Squash

Cabbage

Carrots

Cauliflower

Celery

Corn

Garlic

Mushrooms

Onions

Peas

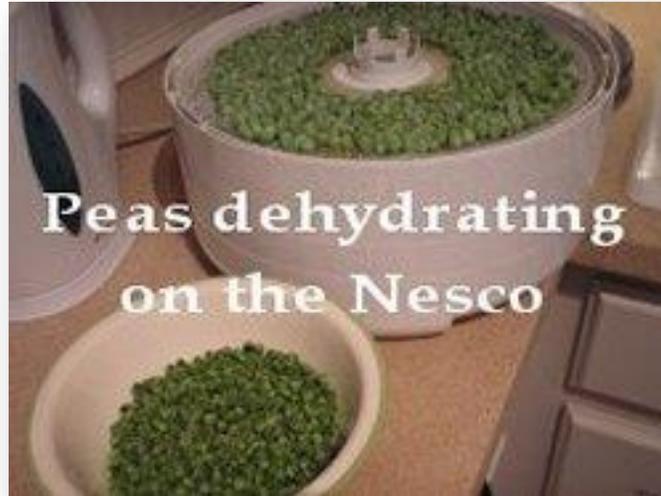
Peppers

Potatoes

Tomatoes

Zucchini

HOW MANY FRESH VEGETABLES SHOULD I BUY TO FILL 4 DEHYDRATOR TRAYS?



AN EASY GUIDE FOR VEGETABLES

Most of us do not have tons of spare room in our fridges and freezers, so before you go out buying too much, here's a handy guide that shows you roughly how many vegetables will fit on four dehydrator trays. Please remember this is just a guide. It's not an exact science...

VEGETABLES

Cut Green Beans: fresh or frozen, 2lb

Broccoli: fresh or frozen, 2lbs

Butternut Squash: fresh, 1 medium squash; frozen 2lb

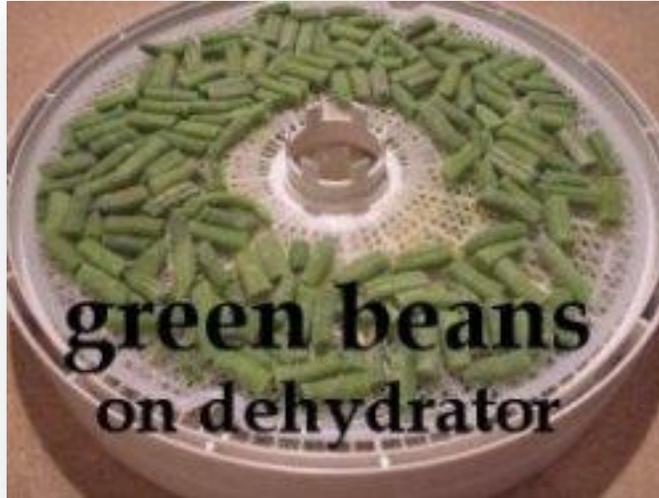
Cabbage: fresh sliced, 1/2 cabbage head

Carrots: fresh, sliced 5-8 carrots; frozen 2lb

AND MUCH MORE!

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DEHYDRATING BEANS



DEHYDRATING BEANS, WHETHER FRESH OR FROZEN, IS EASY TO DO AND GREEN BEANS ARE CERTAINLY MOST PEOPLE'S FAVORITE VEGGIE... YOU KNOW, AT CHRISTMAS TIME, THE GREEN BEAN CASSEROLE! GREEN BEANS ARE GREAT IN HOMEMADE SOUPS... I LOVE THEM YEAR 'ROUND!

Nothing tastes better than home-grown green beans, but for ease right now of getting some put away quickly, I used frozen green beans, straight from the bag - no preparation necessary! How easy is that? If your frozen beans are clumping, let them sit in the kitchen sink, unopened, for about an hour. Or you can simply drop the unopened bag on the kitchen counter-top a few times to loosen them. This works for me!

Green beans are high in vitamin A, Choline and vitamin C, followed by Folate and vitamin K. Green Beans rank high in these minerals: Potassium, Calcium, Phosphorus, Fluoride, and Magnesium. Trace minerals are Iron, Selenium, and Zinc, Manganese, and Copper.

There are also Omega-3 and Omega-6 fatty acids in green beans.

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HOW TO DEHYDRATE GREEN BEANS

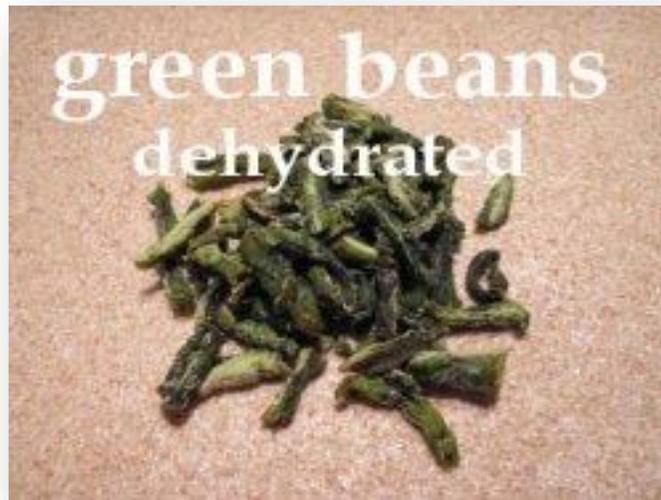
IF USING FROZEN GREEN BEANS, IGNORE STEPS 1 AND 2.

- 1) Gently wash fresh green beans. Trim off the ends.
- 2) Blanch in a small amount of boiling water for about 3 minutes.
- 3) Arrange the green beans on your dehydrator trays, making sure the beans don't overlap.
- 4) Turn on your food dehydrator and set the temperature between 125°F and 135°F (or per your food dehydrator's instructions).

Drying time: between 6-8 hours.

Green beans will feel tough and brittle when dried.

Please remember to rotate your dehydrator trays for even drying.



AND MUCH MORE!

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DEHYDRATING MEAT

MEAT, IT'S WHAT'S FOR DINNER! :-)



Dehydrating meat that is pre-cooked and pre-sliced – gives us the perfect way for dehydrating meat safely!... Let's make lots of great stews and soups with it!

Meats are the building block of proteins for the body, and it's so easy to have your own dehydrated meats on hand. Meats can be dehydrated by smoke, freeze-dried, or cured by salt. But we're all about the 'easy' here as in 'easy'-food-dehydrating!

AND MUCH MORE!

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DEHYDRATING CHICKEN

WHEN DEHYDRATING CHICKEN, USE PRE-COOKED, PRE-SLICED CHICKEN BREAST!

I decided to use my favorite sandwich meat in a tub: (yeah, I sometimes don't have time to stand in line at the deli!) Shown on the dehydrator trays below, are slices of pre-cooked Sliced Chicken Breast by Hillshire Farms.

The package filled four of my Nesco Dehydrator trays, with five slices on each tray, and it only took TWO hours to become fully dehydrated!

AND MUCH MORE!

DEHYDRATING BEEF

Today, Dehydrating Beef was on my dehydrating to-do list. I find it hard to slice my own roast beef (I don't have an electric slicer), so I did the next best thing, bought the meat pre-sliced and pre-cooked!

Just like the sliced turkey (coming up), it dehydrated beautifully AND re-hydrated very well too! I used a 7 oz. plastic tub of Pre-Cooked Roast Beef from Target Stores. The Roast Beef tub from Target filled all four of my

AND MUCH MORE!

DEHYDRATING TURKEY

Dehydrating turkey that is pre-cooked and pre-sliced couldn't be easier! So off to the refrigerator I went and took out a 9 oz. plastic tub of Sliced Turkey I'd bought from Target Stores.

AND MUCH MORE!

DEHYDRATING PET FOOD

MAKE YOUR OWN FEASTS -- FIT FOR FIDO AND FIFI!

Chicken, Beef, and Pork Make Perfect Pet Treats!



My husband and I were out swimming when we noticed this tiny dog on our patio, looking over at us.

Whenever we attempted to get close to her, she'd run off. It was about a month later, on my father's 80th birthday, that the little doggie needed help (huge tick on her ear which we immediately had removed) and this time, she didn't run away and she gladly let us help her!

AND MUCH MORE!

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STORING DEHYDRATED FOOD

When you're ready for storing your dehydrated food, it's important to pay attention to how you handle it before it's packed away.

*EACH OF THE ITEMS LISTED BELOW ARE COVERED
IN MORE DETAIL FOLLOWING THE LIST.*

Wear Latex Gloves so that you don't transfer germs from your hands to the food. (There are latex-free gloves available if you're allergic to latex). I use these latex gloves more than once; I wash my hands while wearing them in the kitchen sink, dry them off on a clean towel, and then drape them over my dish draining rack -- so the latex gloves are ready for another use. We're almost ready for storing your dehydrated food! After a day or overnight of conditioning it's time to vacuum seal your fruits and vegetables!

AND MUCH MORE!

CONDITIONING FRUITS AND VEGETABLES AFTER DEHYDRATING

Conditioning fruits and vegetables is simply the act of letting your dehydrated goodies cool down, and then putting them into zip-lock bags and letting them hang around your kitchen for a day or overnight.

AND MUCH MORE!

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OXYGEN ABSORBER PACKS



Oxygen Packs are life support for Jars, Bags, Buckets, and Bins! It's important to use oxygen packs, or oxygen absorbers as they're also known, when vacuum-sealing your fruit and vegetables after dehydrating and conditioning. Tuck it inside the vacuum bag just before vacuuming, or drop one in the mason jar just before screwing on its lid.

AND MUCH MORE!

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MASON JARS

Ideal storage for dehydrated food! I love to use mason jars to store my dehydrated fruit and vegetables! They are airtight -- and can be easily kept on your pantry shelves in the kitchen, and behind closed doors, which keeps direct light off them also, which is a good thing!



AND MUCH MORE!

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VACUUM SEALER BAGS



Now you're ready for sealing and storing your dehydrated food!

Vacuum bags for food storage and sealing can be purchased in varying sizes and thicknesses... so make sure you purchase ones that are at least 3-mil thick. Any thinner and you may have some brittle foods puncturing your bags after the vacuuming! And we don't want that to happen.

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VACUUM SEALER ROLLS

Vacuum Sealer Rolls are super for making “just the right size” bags!

Food sealer vacuum rolls can be purchased in varying lengths, and widths so make sure you don't get ones that are too wide for your particular machine...



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MYLAR BAGS



The next-to-last destination of your pint- or quart sized-vacuum bags can be Mylar bags. (The final step is the plastic lidded bins, or buckets, coming up).

AND MUCH MORE!

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PLASTIC LIDDED BINS



PLASTIC LIDDED BINS MAKE GREAT FOOD STACKERS!

Consider using plastic lidded bins for easy closet, walk-in pantry, or garage storage, of dehydrated foods -- for long-term storage. It's better if you can find stack-able bins that you can't see through as it helps to keep the light out. Remember to write the contents on the bin's side and put the date on the bags that go in the bins!

AND MUCH MORE!

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FEED BUCKETS WITH LIDS



FEED BUCKETS – NOT JUST FOR ANIMALS ANYMORE!

Just like their lidded-bins counterparts, these 5-gallon #2 plastic food grade feed buckets with lids are fantastic for long-term storage of your dehydrated foods.

AND MUCH MORE!

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DEHYDRATED FOOD STORAGE WALL



When it's time to create more storage space for your buckets or bins, and boxes... check out my great wall of storage that started with a blank wall (well, I took some artwork down and moved a chair first!)

My husband went to the local hardware store and purchased two of the cheapest closet organizers that span 5' to 8' width and two extra 48" wire shelves. Turns out I still need some extra shelf-supporting clips, but they're on their way! If you don't have such a helpful-hubby (or wife!), then by all means, shop online and have it delivered! See the Closet Maid system(s) at Amazon.com

AND MUCH MORE!

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WHY ARE WE DOING ALL THIS?

When you have dehydrated your food, it can become brittle and pretty sharp. Always use good quality vacuum bags and I've given you a good supplier (click on the photo on the [vacuum bags page](#)). To prevent the dehydrated food packets from puncturing the bag that's next to it in the Mylar bag, wrap the vacuumed bag first with plastic wrap, and follow this plastic wrap guide, above!

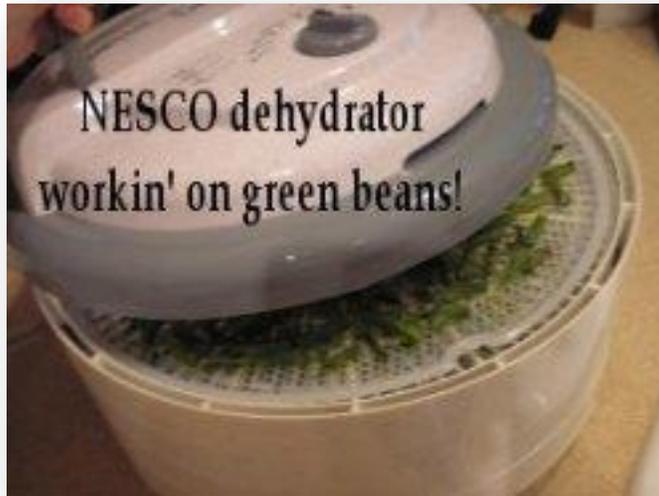
Recap: The sequence is to

- 1) Dehydrate the food.
- 2) Vacuum seal it with a 100cc oxypack.
- 3) Wrap the package in plastic wrap to soften the corners to avoid puncturing other bags.
- 4) Put those packages in the Mylar bags along with a 300cc oxypack in the Mylar bag. Seal the Mylar bag, and write on it the bag's contents, and the date.
- 5) Lastly, put these Mylar bags in the bins and buckets with a 2000cc oxypack.

AND MUCH MORE!

FOOD DEHYDRATORS

WHAT ARE THEY AND HOW DO THEY WORK?



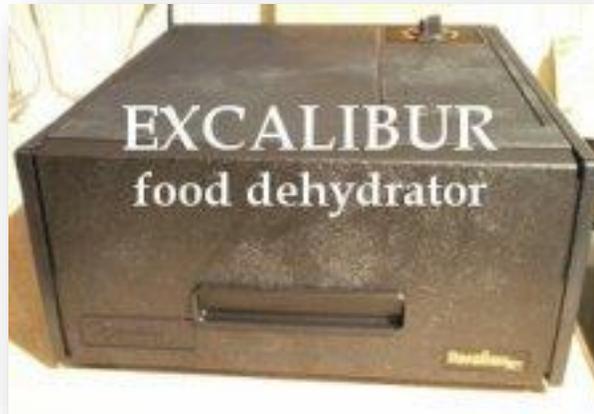
Food Dehydrators have been around for a very long time; when I first saw them about ten years ago I thought they were pretty much a passing fad and who on earth would want one of those?

But it wasn't through kitchen-gadget ads on TV or online that made me take the plunge -- it was due to the very real possibility of a world-wide food shortage in the next 20 years or so.

AND MUCH MORE!

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EXCALIBUR FOOD DEHYDRATOR



Here's the EXCALIBUR Dehydrator, featuring Pull-out Trays and Rear Fans. The EXCALIBUR food dehydrator company has been in business making dehydrators for over thirty years! They offer four-tray starter models all the way up to nine-tray models, and they make Commercial dehydrators too.

AND MUCH MORE!

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NESCO FOOD DEHYDRATOR



Here's the NESCO Dehydrator, featuring Stackable Trays with the Fan located in the Lid. The NESCO dehydrator company has been making food dehydrators for over thirty years and their patented food dehydrators feature technology that dries your food faster and evenly.

AND MUCH MORE!

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VACUUM SEALERS



THE FOODSAVER® V2240 IS GREAT!

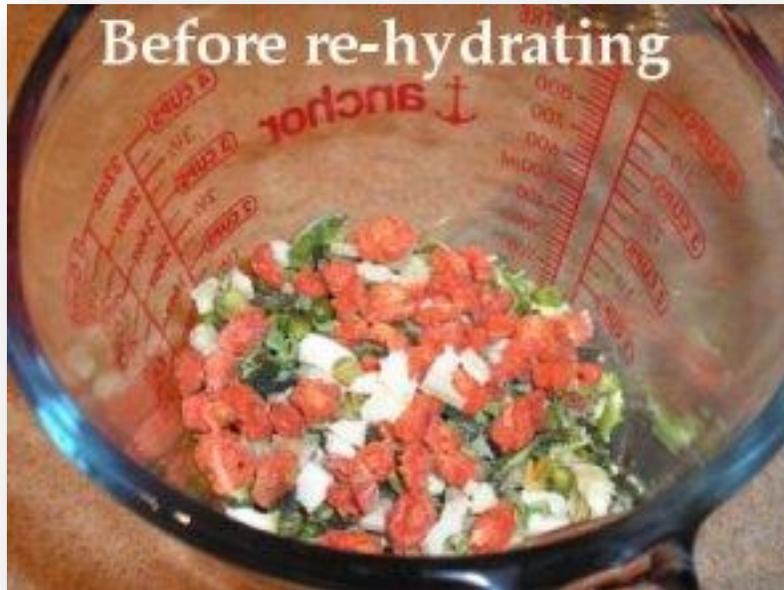
When we have dehydrated our foods, we let it condition.

AND MUCH MORE!

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RE-HYDRATING FOOD: HERE'S THE BEFORE & AFTERS!

Hopefully you've learned a lot about how to dehydrate your foods, so now it's time to put the water back in and re-hydrate the food!



AND MUCH MORE!

FREQUENTLY ASKED QUESTIONS

Q: What are the sheets for that go on the dehydrator trays?

A: There are two kinds of dehydrator sheets:

- 1) Solid plastic dehydrator sheets (to keep liquids from dripping down to lower trays). They are for runny foods such as apple sauce or our fruit roll mixes. The mesh is too open for this.
- 2) Criss-cross plastic dehydrator sheets (needed for ventilation) to keep sticky foods from sticking to the tray itself, for easier clean-up - also to keep smaller foods (like celery when it dries) from falling through to lower trays.

Q: What size oxygen packs to use for dehydrated food?

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A: The reason for different sizes depends upon what size container your dehydrated foods are placed in. They are readily available in different sizes: 100cc, 300cc, and up.

Q: What happens to the oxygen absorbers when you open the bag?

A: When you open your Mylar bags to retrieve a package, if you do it quickly, and re-seal the Mylar bag straight away, you should be good to go until the next visit -- but if you'd rather be safe than sorry, then by all means, replace the old 300cc pack with a new one!

NOTE: When you use the 100cc oxy-packs in the mason jars, you can really hear the jar 'pop' when you open it - and that's how you know that the oxy-pack is still 'good'. Replace it when you don't hear the 'pop' any more.

Q: Are the oxygen packs sealed individually?

A: Yes. But they are shipped in quantities of 50, or 100. Some companies offer combo packs of 50 Mylar bags with 50 300-cc oxy-packs! Convenient!

Q: Are oxygen-packs safe, i.e. not poisonous?

A: They are totally safe!

Q: Can you store wheat?

A: You can store milled flour for five years - just follow our basic steps: vacuum bag it with an oxy-pack tucked in it, and then Mylar bag it, and then put away in buckets or bins.

Q: Can you vacuum noodles, rice, flour, and dry beans - and if so, how do I store them?

A: Yes to all! Even though the noodles, beans, etc are dry to begin with, be advised to still use an oxy-pack as they do more than just remove oxygen, they help prevent mold and protect dry foods from insect damage. Store in air-tight mason jars, or in food-vacuum-sealer bags. I've even got salt and sugar 'stashed away'!

AND MUCH MORE!

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EASY DEHYDRATED FOOD RECIPES

We have many easy dehydrated food recipes that are tantalizing, mouth-watering and so e-a-s-y to make -- and we'd love to share a few of ours with you!

Click on these links below -- choose an Easy Recipe -- and get cookin'!

MAIN MEALS

Beef Stew

Black Bean Soup

Carrot Soup

Cauliflower Mash

Cauliflower Soup

Celery and Potato Soup

Chicken Noodle Soup

Chicken Salad

Curried Celery and Potato Soup

Green Split Pea Soup

Lemony Chicken Orzo Soup

Lentil Soup

Potato and Bacon Hash

Ratatouille

Shepherd's Pie

Tasty Tuna Fish Soup

Tuna Pasta Bake

Tuna Salad

Vegetable Soup

Velvety Pea Soup

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DESSERTS

Apple Sauce

Debby's Delectable Carrot Cake

Mom's Cranberry and Pineapple Pie

EXTRAS

Anita's Super Easy Bread

Herbed Bread

Home-Baked Bread Beginner's Recipe

Millet and Quinoa

We hope you enjoy our easy to do recipes, and share them with your friends. Help us here at Easy-Food-Dehydrating to get the word out, that fruit and vegetables are so good for us, and we can dehydrate them when they're in season, or use the super standby of frozen vegetables for dehydrating too, when they're not as readily available!

AND MUCH MORE!

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Main Meals

BEEF STEW MADE WITH DEHYDRATED VEGETABLES



INGREDIENTS FOR BEEF STEW:

- 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 (I choose to use Better Than Bouillon by Superior Touch)
- 2 tablespoons plain flour, mixed with 1/4 cup cold water
- seasonings: Italian (dried) herbs to taste (about 1/2 teaspoon)
- 1 tablespoon Worcestershire Sauce
- 1 tablespoon tomato paste (optional)
- 2 tablespoons tomato ketchup
- pepper (and salt*) to taste

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*HERE'S WHAT YOU DO
FOR BEEF STEW IN THE SLOW COOKER!*

- 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...When you return home from work... it's ready to serve! NOTE: If you will be unable to check it during the day, make 4 cups of stock so it can cook for 8 hours and not dry out in the crock-pot.



AND MUCH MORE!

Desserts

APPLE SAUCE – A DESSERT OR A SAUCE FOR PORK!



APPLE SAUCE INGREDIENTS:

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

HERE'S WHAT YOU DO FOR DELICIOUS APPLE SAUCE

- 1) Peel the apple, dice into small to medium pieces.
- 2) Put in a non-stick pan and add the lemon juice, toss.

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- 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!

We enjoyed this apple sauce straight from the pan, spooned right over some French vanilla ice cream –

H E A V E N !

Double up the recipe ingredient amounts, as the quantity above was good for two people...

*AND YES, YOU CAN OMIT THE APRICOT JAM, BUT HONESTLY, IT ADDS A LITTLE ZING,
AND THICKENS THE JUICE. TRY MARMALADE FOR A CHANGE!*

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

AND MUCH MORE!

Extras

HOME BAKED BREAD



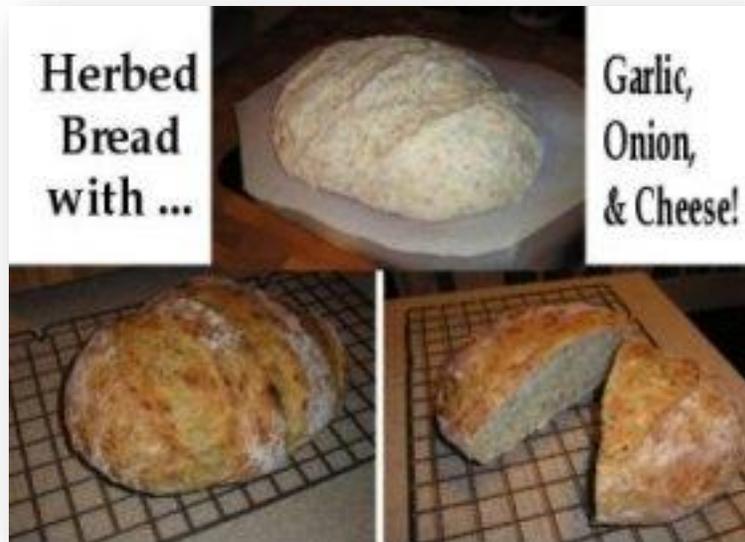
Let's learn how to bake your own bread and save money just like my friend over in the UK! He loves to cook and bake. He sent me some great photos of his latest batch of bread and it just made my mouth water looking at it!

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!

AND MUCH MORE!

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HERBED BREAD WITH GARLIC, CHEESE, AND ONION



Using the exact same ingredients as the Herbed Bread which makes one loaf, add these items to the dry mix before adding the water:

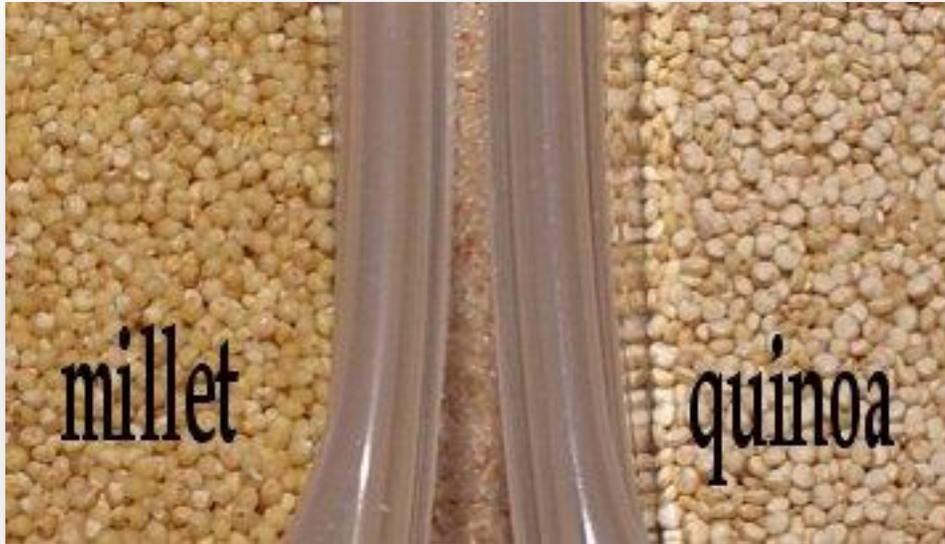
- 1 teaspoon garlic powder
- 2 tablespoons dehydrated onion, crushed
- 2 oz. shredded cheese of your choice

The dehydrated onion needs to be pretty fine, so get out your rolling pin, put the onion in a sandwich bag, and roll over it... or pop it in your blender/Magic Bullet™. The water from the dough will re-hydrate the onion just fine!

AND MUCH MORE!

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MILLET AND QUINOA -SUPPLIES GREAT NUTRIENTS!



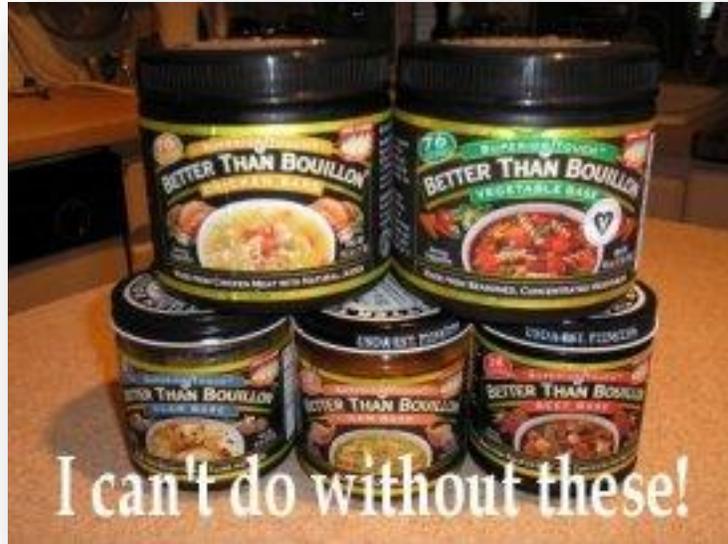
MILLET AND QUINOA, BUT FIRST... MILLET

Millet has been around for centuries. It is widely grown around the world. It has many uses -- from nutrition to alcoholic beverages to porridge! Millet is very rich in B vitamins especially Niacin, B6 and Folic Acid, Potassium, Zinc and Calcium. The protein content (11% by weight) in millet is comparable to both flour and wheat.

AND MUCH MORE!

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BETTER THAN BOUILLON BY SUPERIOR TOUCH



I just can't say enough good things about this "Better Than Bouillon" super product! I use it day in and day out! I discovered it years ago and I swear by it! **Click the photo to visit their site!**

AND MUCH MORE!

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FOOD GLORIOUS FOOD:

No Asking for More -- We Must Work with What We Have



Many of us know the 'food glorious food' story of orphan-boy Oliver, asking for "more" at the dinner table... but our situation today is a far cry from Oliver's plight! I open my fridge/freezer doors, there's food.

Open my pantry door, there it sits.

Look on my kitchen counter top...

I can't get away from it!

This may all be 'fine and dandy' but are YOU prepared in the event of a food shortage?

IS THERE ENOUGH TO GO AROUND?

Just looking around at passersby, the average person to me isn't built like there's 'not enough food to go around'... the grocery stores are chock-full of it; it's in every restaurant; it's eaten at every birthday, holiday, and celebration party!

AND MUCH MORE!

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WHY DEHYDRATE FOOD?

THE TIME IS NOW TO GET PREPARED... BY DEHYDRATING FOOD FOR THE LONG-TERM

"Why Dehydrate Food?" you may be asking yourself –

THINGS ARE ABOUT TO CHANGE...

You may have noticed that there's not much talk about hyper-inflation in the mainstream news, let alone talk about 'regular' inflation... because it's a very scary situation.

Millions of Americans may be faced with having little or NO food to put on their dining tables, and it's pretty much unimaginable that this "land of plenty" could possibly be anything but.

NOW'S THE TIME TO START DEHYDRATING FOODS WHILE FOOD IS READILY AVAILABLE, AT SOMEWHAT REASONABLE PRICES, BEFORE INFLATION HITS BIG-TIME.

The sobering reality is: inflation is caused by the Fed's excessive printing of money, in the form of Quantitative Easing, be it in actual note printing, or the digitized version... and many people do not realize that this excess 'money' being printed actually dilutes the spending power of the 'money' that is actually 'out there' in circulation already.

- THE END OF THIS SAMPLE PREVIEW -

Now that you've just about come to the end of this sample, please treat yourself and your family to the full book over at Amazon.com... Here's the link:

<https://www.amazon.com/dp/B0093ZGX3Q>

Note that it is available as an **eBook**, a **Paperback**, and in **Audiobook** format too!

Thank You!

Cheers, Susan

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