

Diced Tri Color Peppers

6 Peppers diced filled 1 medium tray*

[Adventures in Freeze Drying: Pantry Stock: Onions, Peppers, and Broccoli](#)

Ingredients:

6 Tri Color Peppers or

Sweet peppers of choice



Directions:

1. Wash your peppers, I used lukewarm water, a squirt of dawn, and a little bit of vinegar in my sink, and rinsed thoroughly.
2. Cut your peppers, removing stems and **ALL** seeds. (Seeds hold onto moisture, one seed not freeze dried all the way will ruin your peppers in storage)
3. Spread the peppers evenly across the tray, cover with a lid and freeze until solid.
4. Remove lids and Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 42.5 hours along with other stuff in the freeze dryer

Rehydration: These can be eaten as a freeze dried snack, or you can use them in your cooking.

To rehydrate the peppers, $\frac{1}{4}$ C of peppers rehydrated with $\frac{1}{8}$ C of water.

You can just toss the peppers in while you are cooking and add a little extra water if needed.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray