

Onions-Diced & Powdered

And

Ingredients

Onions

1 medium diced onion is about 1 cup

2-3 onions will make 1 cup of onion paste for onion powder

Any spices you would like to add to your onion powder (optional)



Directions:

Diced Onion

1. Peel and dice the onions (save the peels)
2. Add parchment paper to your trays
3. Spread diced onions in a single layer

Onion Powder

1. Peel the onions and slice into smaller sections (no need to chop) (save the peels)
2. Add onion to a food processor or blender. Slowly add water until it's a paste
3. Add parchment paper to your trays
4. Add onion paste to your freeze-dryer tray
5. After you freeze dry, add it to a blender and powder

** Add other herbs to the onion paste or powder for an onion and herb spice

Onion Peel Powder

1. Add your onion peels to a freeze-dryer tray and freeze-dry.
2. Add freeze-dried onion peels to a food processor and process to a flaky powder.

Freeze dry (My cycle time was 24 hours)

Rehydration: The onion powders are not meant to rehydrate. To rehydrate the diced onions just add them to any dish you are cooking, They will rehydrate in the dish. OR add them to a bowl and cover with water. Allow to sit for about 10 minutes and they are ready to use.

Nutritional Value Per 1 medium onion

Calories: 44 Protein: 1 g Fat: 0 g Carbohydrates: 10 g Sugar: 4 g Fiber: 2 g