

Vegetable Thickening Powder

A Freeze Dried Pantry Recipe

This will make as little or as much as you choose to make*

[Nessa's Nook: How to Make Thickening Powder with Freeze Dried Veggies](#)

Ingredients:

Freeze Dried mixed Veggies of Choice



Directions:

1. Put freeze dried veggies into a food processor or blender and make a powder.
2. Store in a jar or mylar bag, for long term storage add an OA
3. Store Appropriately (See Tips and Tricks for storage help)

Tip: Carrots do not powder very well, you may want to avoid using carrots if you do not want any small chunks of carrots in your powder

Cycle Time:

Rehydration: Add 1-2 Tablespoons to a dish you want to thicken as you're cooking, simmer for a couple of minutes, add another Tablespoon if desired and simmer a few minutes, repeat until you reach desired consistency.



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Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

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