



DEHYDRATE FROZEN VEGETABLES

1. Open a pack of frozen vegetables.
2. Spread out on your dehydrator tray.
3. Set [dehydrator](#) to 125F.
4. Begin to check for doneness at the 6-hour mark.
5. Allow to fully cool, check for doneness
6. Store in an airtight container

Consider powdering to add to any savory dish as a boost of nutrition.

REHYDRATE FROZEN VEGETABLES

1. Place desired vegetables in a bowl.
2. Cover with boiling water.
3. Let steep for 15 minutes.
4. Throw in soups and stews or serve to eat.

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