

Dry Veggie Powder Mixes

¼ c dehydrated bell pepper
½ c dehydrated broccoli
¼ c dehydrated cabbage
½ c dehydrated carrots
¼ c dehydrated celery
½ c dehydrated green beans
½ c dehydrated onion
½ c dehydrated sweet corn

1 Tbsp Italian spice mix – or – 1 tsp each dry basil, oregano & thyme
1 Tbsp dry cilantro
1 tsp garlic powder
1 tsp tomato powder (see notes)
½ tsp dry red pepper and/or jalapeno flakes (optional, if you like some heat)
½ tsp each salt & pepper, to taste

Grind the dry vegetables and seasonings in a blender or grain mill to suit your taste. Use a coarse grind if you like a chunkier texture similar to the vegetable dip, or a finer powder if you prefer a smoother texture similar to Green Goddess dressing. I've ground mine medium-fine because I planned to use them for a creamy dip.

To Prepare Creamy Veggie Dip: Shake veggie mix well, then combine ¼ c of mix with ½ c warm water to cover. Set the veggie mix aside to rest and rehydrate (about 30 minutes), then drain off excess liquid and combine with 1 c sour cream, yogurt or softened cream cheese.

To Prepare Veggie Pesto: Shake veggie mix well, then combine ¼ c of mix with ½ – 1 c water in a saucepan. Bring to a boil, lower temperature and simmer for 10 minutes. Drain off excess liquid, combine with ½ c olive oil and serve over cooked pasta (a little goes a long way!).

To Prepare Veggie Omelet with Powdered Eggs: Shake veggie mix well, then combine 1 tsp of mix and 1 Tbsp of egg powder with ¼ c warm water for each person. Blend well and allow to rehydrate (about 5 minutes) before cooking. Adding milk powder, sour cream powder, butter powder or cheese powder will also greatly improve the flavor of powdered eggs, but you may need to adjust the water and amounts depending on which brands you use.