Dehydrating Prepared Soups and Rice

• White or Brown Rice
• Minestrone Soup
• Corn-Potato Chowder
Dehydrated White or Brown Rice

- Use in recipes calling for instant rice
- Add to your own home-canned soups
- Add to commercially canned soups or ramen noodles or ????
Rice Preparation

- Cook the white or brown rice according to package directions until tender
- Rinse under cold running water to cool and rinse off excess starch
- Drain well
Steps for Drying Rice

• Spread out as evenly as possible on fine-mesh drying trays
  • Adapt as needed for your dehydrator. I do not have fine-mesh drying trays, so I use silicone baking sheets on my standard ¾ inch grid dehydrator trays.

• Temperature: 130 °F (55 °C)

• Time: 5 to 6 hours or until dry
Notes:

- Stir occasionally to break up clumps and ensure even drying.
- When done the rice should be translucent, very firm and dry throughout.
- As with all dehydrated foods, check for condensation on the sides of the jar of dried rice. If condensation is seen, continue to dehydrate until thoroughly dry.
Minestrone Soup

- If using dried kidney beans, follow recommended cooking directions as shown on the bean information pages included with the recipe packet.
- This is needed because the lectin phytohaemagglutinin, which is very concentrated in kidney beans, has toxic effects when eaten in high levels.
- Boiling kidney beans for 30 minutes completely destroys this toxin.
Minestrone Soup Preparation

• Prepare soup according to recipe
Dehydration Steps

• Spread evenly on prepared dehydrator trays

• I tried 4 options for my dehydrator – 3 worked very well
  1. Plastic wrap on stainless steel trays with holes – *Worked very well*
  2. Plastic wrap on silicone baking sheet – *Worked very well*
Dehydration Steps

3. Silicone baking sheet (no plastic wrap)
   - Worked very well

4. Non-stick pizza pans (no plastic wrap)
   - Did not work as the soup stuck to the pans.

- Temperature: 145°F
- Time: 5½ hours or until dry
Soup Dehydration Steps

- When dry and crisp, transfer to a jar for storage
Rehydrating the Soup

• Cover soup with boiling water
• Wait a few minutes and stir
• Add additional water if desired
• Heat as needed
• Serve and enjoy!
Corn-Potato Chowder

• Prepare soup according to recipe
Dehydration Steps

- Spread on plastic wrap-covered trays
- Temperature: 145°F
- Time: 6 hours or until dry
  - (my soup took closer to 10-12 hours)
Dehydration Steps

• When dry and crisp, transfer to a jar for storage
Rehydrating the Soup

- Cover the chowder with boiling water
- Let sit until the potatoes are rehydrated and tender
- Stir and add additional water if desired
- Heat as needed
- Serve and enjoy!
A Few Books for Ideas

- *How to Dry Foods* by Deanna Delong
  Revised edition 1992

  2009

- *Mary Bell’s Complete Dehydrator Cookbook* by Mary Bell
  1994

- *Food Drying with an Attitude* by Mary T. Bell
  2008

- *High Trail Cookery: All-Natural, Home-Dried. Palate-Pleasing Meals for the Backpacker* by Linda Frederick Yaffe
  1997