

CARROT RANCH DRESSING



1 tsp. dried parsley
3/4 tsp. ground black pepper
1 tsp. seasoned salt
1/2 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. dried thyme
1 Tbsp. dried carrots (finely ground)

Directions:

In a small bowl, stir together the parsley, pepper, seasoned salt, garlic powder, onion powder, thyme and ground carrots.

Use as a substitute to ranch dressing mix.

Mix the recipe with 1 cup mayonnaise and 1 cup buttermilk.

For dip: Mix this recipe with 1 3/4 cups sour cream and 1/4 cup of buttermilk.

Buttermilk can be substituted with 1 Tbsp. Apple Cider Vinegar and enough milk to make 1 cup when combined. Stir and let sit for 5 minutes and add to recipe in place of buttermilk.

WHOLE WHEAT CARROT CAKE MUFFINS

Ingredients:

2 c. brown sugar, packed

1 c. oil

3 eggs (3 T. Dehydrated Eggs + 1/3 c. water...if you want a really fun trick use your left over carrot or raisin water to add to the egg powder.)

2 c. carrots, finely grated (1c. dehydrated carrots. Pulse in blender before re-hydrating to make them smaller pieces. They take 20 minutes in cold water to rehydrate so if you need them sooner, simply put them in warmer water.)

1 c. crushed pineapple, drained (If you have orange juice you'll be serving, drain the pineapple juice into your orange juice for a fun topical blend orange juice.)

3 c. whole wheat flour

1 t. salt

1 T. soda

1 t. cinnamon

2 t. vanilla

1 c. raisins

1 c. walnuts, broken

Method:

Preheat oven to 350. Grease and flour 2 bread pans, 1 Bundt pan, or 2 muffin pans (12 each) with vegetable cooking spray. Beat together brown sugar, oil and eggs (no need to reconstitute eggs before adding to this mix). Stir in carrots and pineapple.

Blend together dry ingredients; stir into batter thoroughly. Add vanilla, raisins, and nuts. Pour into prepared pan. Bake bread pans for 40-45 minutes, muffins for 20 minutes, and Bundt pan 1 hour or until done.

Makes 1 Bundt pan, 2 bread pans, or 24 muffins.

Adding the nuts on top of the muffins not only gives it a great look and flavor (it lightly toasts the nuts) but it is also a great way to serve nut lovers and non-nut lovers alike since it becomes obvious which have nuts and which don't.



CURRIED CARROT SOUP

Ingredients

1 ½ cups dehydrated carrots, reconstituted in 3 cups water

1/2 pound fresh mushrooms, sliced

1/2 cup chopped onion or dried minced onions

2 tablespoons butter

2 tablespoons all-purpose flour

1/2 to 1 teaspoon curry powder

3 cups vegetable broth

1 can (12 ounces) evaporated milk

1 tablespoon honey

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon ground nutmeg

Minced chives

Directions

Add 3 cups water to 1 ½ cups dehydrated carrots and allow to sit for 20 minutes. Pour water and carrots into a blender and puree mixture until it is the consistency of canned pumpkin. Add additional water if necessary.

In a large saucepan, saute the mushrooms and onion in butter until tender. Stir in the flour and curry powder until blended. Gradually add the broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the pureed carrots, milk, honey, salt, pepper and nutmeg; heat through. Garnish with chives if desired.

Laurel's notes: I'm the only one in my family that likes mushrooms so I skip the mushrooms and add chopped up potatoes instead. You can peel and chop up 2-3 potatoes then microwave them until tender, or you can use canned potatoes. You can even use dried, minced onions if you're in a real hurry and don't have time to chop an onion. I usually double this recipe. I love strong flavors so I usually add a *heaping* teaspoon of curry and the other seasonings. Then I just keep adding and tasting until I like the flavor.

VEGETABLE BEEF NOODLE SOUP



3 1/2 cups Beef Stock or Beef Broth

3 1/2 cups Water

2 cans Cooked Beef

(You can get this at Smith's and it's really good in soups and fajitas.)

1 (14 to 16-ounce) can Diced Tomatoes

1 cup Medium Egg Noodles

2 medium Fresh Carrots, peeled and thinly sliced.

(Dehydrated carrots can be replaced for the fresh - 1/3 cup Dried.)

2 Ribs Celery, strings removed, halved and diced.

(Dehydrated celery can be replaced for fresh - 2 Tbsp. Dried.)

1 large Yellow Onion, peeled and diced.

(Dried minced onion can be replaced for the fresh - 1/4 cup Dried.)

1/2 cup Frozen Peas

(Freeze Dried Peas can be replaced for the fresh - 1/4 cup Dried.)

1 large Clove Garlic, peeled

(Dried Minced Garlic can be replaced for fresh.)

1 Bay Leaf

1/2 tsp. Dried Thyme

Black Pepper and Kosher Salt to taste.

Note:

If using all Dehydrated or Freeze Dried ingredients
increase water and beef stock by 1 cup each.

Recipe Instructions:

Add all of the ingredients with the exception of the noodles
to a Crockpot and cook on medium heat for 4-5 hours.

Add noodles the last hour.

CARROT SOUP

Carrot Soup Ingredients:

- 2 tablespoons of olive oil
- 1-3/4 to 2 cups of dehydrated carrots
- 1/4 cup dehydrated onion
- 2 slices dehydrated elephant garlic, crumbled (used 1/4 tsp refrigerated minced garlic)
- 1 teaspoon dried oregano
- 3-1/2 cups of vegetable stock. (...used chicken broth)
- salt and pepper to taste
- around 1/2 cup of fresh or from-concentrate orange juice, to taste. You should be able to 'detect' the orange juice, but not be overwhelmed by it.

Here's What You Do for the best Dehydrated Carrot Soup around!

1. Re-hydrate the dehydrated carrots, dehydrated onion, and the dehydrated garlic with clean cold or freshly boiled water.
2. To a good heavy pan, add the olive oil, medium heat.
3. Add the onions and carrots and cook until softened, around 8 minutes or so, then add the garlic and the oregano, and cook some more for a few minutes.
4. Add the vegetable stock and bring to a boil.
5. Simmer for 10 minutes or until the carrots and onion are cooked through.
6. Add the orange juice, stir.
7. Blend in a blender in small batches...allow air to escape from the little hole in the lid so that the heat doesn't cause any explosive problems!
8. Blend until smooth, about 45-60 seconds.
9. (It was too thick so I used some cream to thin it a little.)

CARROT LENTIL SOUP

3 Tbsp. chicken bouillon
1 Tbsp. parsley flakes
1/2 tsp. black pepper
1/2 cup lentils
1/2 cup red lentils
1/2 cup green split peas
1/2 cup yellow split peas
1/4 cup dehydrated minced onions
1/2 cup dehydrated carrots
9 cups water

Combine dry ingredients into a crock pot and then add water. Cover and cook on low for 7-8 hours, or until peas and lentils are soft.

Note: You can substitute regular lentils if you can't find red lentils, and green split peas if you can't find yellow split peas.

CARROT CAKE



- 2 Cup White Flour
- 1 1/2 Teaspoon Baking Soda
- 2 Teaspoon Cinnamon
- 1/2 Cup Walnuts, Crushed
- 2 Cup Sugar
- 1 Pinch Salt
- 1 1/2 Cup Oil
- 4 Eggs
- 1 1/2 Cup Freeze Dried Pineapple Chunks*
- 2 Cup Dehydrated Carrot*, Shred

1. Still all dry ingredients together.
2. Add sugar and oil to flour mixture.
3. Add eggs, pineapple, nuts, and carrots; Mix well.
4. Bake in Bundt pan at 350°F for 35-40 minutes

*Reconstitute before using. Following directions on #10 can to reconstitute.

CARROT COOKIES

- 1 cup shortening
- 3/4 cup sugar
- 1 egg
- 1/2 cup dehydrated carrots (ground) plus 1/2 cup warm water to rehydrate. (This will make 1 cup mashed carrots)
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- Orange Icing, below

Directions: Beat shortening; gradually add sugar, beating until light and fluffy. Add egg, carrots and vanilla, beating well after each addition. Sift dry ingredients; stir into carrot mixture and mix well. Stir in chopped nuts, if desired. Drop by tablespoons onto greased baking sheets. Bake at 350 degrees for about 20 minutes. Transfer cookies to racks to cool. Ice cookies with Orange Icing while still warm.

Orange Icing:

- Juice of 1/2 orange (3-4 Tbsp.)
- Grated rind of 1 orange
- 1 Tbsp. butter
- 1 1/4 cups sifted confectioners' sugar

Directions:

Combine juice and orange rind with butter; stir in confectioners' sugar until desired spreading consistency is reached. Add more juice or confectioners' sugar as needed.

14 KARAT CARROT CAKE



2 cups sugar
1 1/2 cups oil
3 eggs
1 1/2 tsp. vanilla
2 cups flour
1 tsp. baking powder
1 1/2 tsp. soda
1 tsp. salt
2 tsp. cinnamon
2 cups grated carrots **or** 1 1/2 cups **dehydrated carrots**
1, 13 oz can crushed pineapple
1 cup chopped walnuts (optional)

Put **dry** dehydrated carrots in a blender and pulse 4-5 times to break up the carrot pieces. Add 3 cups of water to the carrots and allow to sit for 20 minutes. Drain excess water.

Cream sugar, oil, eggs, and vanilla. In one bowl, combine all dry ingredients. Combine carrots and pineapple in another bowl. Slowly add to sugar mixture, alternating dry ingredients and wet ingredients. Add nuts last. Pour into a greased 9x13 pan. Bake at 350 degrees for 35 - 40 minutes.

CREAM CHEESE FROSTING

8 oz. cream cheese, softened
1 tsp. vanilla
1 lb. powdered sugar
2-4 Tbsp. milk

Cream together cream cheese, vanilla, and 1-2 Tbsp. milk until smooth. Slowly add sugar and **beat well**. Add more milk until desired consistency is reached. Be careful not to add too much milk too quickly. It's easy to make the frosting runny and very hard to get it stiff again.

BAKED RICE

1 9x13" pan
3 cups of rice
1 tablespoon of salt
1/2 cup butter (1 stick or cube)
6 cups of water

Pour everything into the pan. Cover tightly with foil or the lid to the pan 350 for one hour. Then end. Enjoy! Honestly, you'll never make rice another way again! Enjoy!

Optional for a pilaf type rice, add a package of dry onion soup mix and a couple of cubes of beef bouillon. Another Option: add a package of Hidden Valley Ranch dressing mix.



GREEN CHILE RICE BAKE

3 cups cooked rice
1 pint sour cream
3/4 lb. Monterey Jack cheese, cut in to 1/2 inch cubes
1 (4oz) can diced green chilies
1/2 tsp Salt (or to taste)

In a bowl, mix all the ingredients together. Transfer to a greased 2-qt. baking dish. Cover and bake at 350 degrees for 30 minutes or until heated through.

Optional: Sprinkle top with Paprika or top with grated cheddar cheese and bake uncovered for 5 minutes or until cheese is melted.

RICE AND BEANS

2 cups Rice
4 cups Water
1Tbsp (or to taste) Asafran
1 tsp Oil
1 cup black beans, drained (dehydrated and reconstituted or canned)
1/3 - 1/2 Cup Currants or Dried Cranberries

In a pot add water, rice, oil and Asafran seasoning, bring to a boil, cover and lower the heat and cook for 20 minutes. When rice is done stir in drained beans. Top with currants or cranberries 1/3 to 1/2 cup.

1 cup Cooked Black Beans (reconstituted beans or canned Black Beans drained)

FRIED RICE



- 3 T. oil
- 3 cups cooked rice
- 2 T. soy sauce
- 3 eggs, slightly beaten (fresh eggs or reconstituted dehydrated eggs)
- 1/2 c. peas, fresh, frozen or dehydrated and reconstituted
- 1/2 c. diced carrots, fresh or dehydrated and reconstituted

Heat oil in a large skillet. Add cooked rice. Stir fry until rice is hot and mixed with oil. Add soy sauce; mix well. If rice is dry add 1/4 cup water; stir and cook gently until water is absorbed. Stir in carrots and peas. Make a well in the center of the rice mixture by pushing rice to the edges of the skillet. Pour beaten eggs into the well. Quickly scramble, scraping bottom of skillet to prevent too much sticking. Stir cooked eggs into rice mixture, breaking into small pieces. Makes 4-6 servings.

Optional: Diced red peppers, small pieces of seasoned meat or wheat meat or diced spam may be added for variety.

HOW TO MAKE RICE MILK



1 cup uncooked organic long grain brown rice

8 cups water for cooking

More water for diluting

1 teaspoon salt

Glass mason jars for storage

A Blender

Mesh strainer

Directions

Thoroughly wash the rice.

Put 8 cups of water in a big pot and bring it to a boil over high heat.

Pour in the rice.

Cover the pot and lower the heat to let the water simmer.

Cook for 3 hours.

You will end up with something that looks a bit like a soupy rice pudding. Add the salt.

In batches, fill your blender halfway with the rice mixture and halfway with water. Blend until very smooth. Strain twice through a fine mesh strainer into a mason jar. Continue on with the rest of the milk until you're finished, filling jars and screwing the lids on good and tight.

Even with the extra water, the homemade rice milk ends up thicker than the product you might be used to if you've always purchased Rice Dream Rice Milk. It's more like rice cream! You may want to dilute it further at the time of serving it. Just add a bit more water until it's the desired consistency.

Optional Additions To Your Rice Milk Recipe

A look at the label of Rice Dream Rice Milk reveals that it contains oil. Oil does make things creamier, and we like to add about 2 Tablespoons of organic sunflower oil to our batch of milk.

We also like to add about 4 Tablespoons of Maple Syrup to our batch of milk, as we are still used to the slightly sweeter taste of the Rice Dream product than what you get from homemade. It's not a big difference...just a little one.