

Dehydrated Chopped Onions

Vegetables

Dehydrated vegetables are dried by a low heat process that removes moisture. The size of the vegetables will shrink, which means there will be more servings in each container

Dehydrated Chopped Onions

Augason Farms Dehydrated Chopped Onions are a simple way to add great flavor anywhere onions are used.

Simmering Chili

2 lbs. lean ground beef

- 1 46 oz can tomato juice
- 1 29 oz can tomato sauce
- 1 15 oz can kidney beans, drained and rinsed
- 1 15 oz can pinto beans, drained and rinsed
- 2 tablespoons Augason Farms Dehydrated Chopped Onions

1/4 cup Augason Farms Dehydrated Diced Red & Green Bell Peppers

1/8 teaspoon ground cayenne pepper

- 1/2 teaspoon sugar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt
- 1 1/2 teaspoons ground cumin

1/4 cup chili powder

Cook ground beef over medium-high heat until brown. Drain, and crumble. In a large pot combine the ground beef, tomato juice, tomato sauce, kidney beans, pinto beans, onions, bell

pepper, cayenne pepper, sugar, oregano, ground black pepper, salt, cumin and chili powder. Bring to a boil, then simmer for 1 1/2 hours

Quinoa Pilaf

1 tablespoon olive oil

1/4 cup Augason Farms Dehydrated Chopped Onion

1/4 cup Augason Farms Dehydrated Cross Cut Celery

1/4 cup Augason Farms Dehydrated Diced Carrots

1/2 cup Augason Farms GF Organic Quinoa Grain

1 cup hot water

1 bay leaf

1 tablespoon lemon zest

1 tablespoon lemon juice

1/2 cup Augason Farms Freeze Dried Peas, rehydrated salt and pepper

Pour oil into a medium saucepan and place over medium heat.

Add onions, celery and carrots. Cook and stir for 10 minutes or until tender. Rinse quinoa under cold water in a strainer. Drain well. Stir into vegetables. Cook and stir for 1 minute. Add water, bay leaf, lemon zest and lemon juice. Bring to a boil. Cover and reduce heat to medium low. Simmer for 15-20 min. or until liquid is absorbed and quinoa is tender. Discard bay leaf. Stir in peas. Season to taste with salt and pepper.

DIRECTIONS:

One Tablespoon is equal to one onion. Use directly from the can. Add to gravies, salad dressings, sauces, soups, stews, etc.

Reconstitute before using in fried foods -

1 Tbsp of Chopped Onion to 1/3 cup of warm water - let stand 10 minutes.

1 lb dry chopped onion equals 13.5 lbs fresh onions.

Nutrition Facts

Serving Size: 1 tsp (3g) Servings Per Container: 217

Amount Per Serving		
Calories 10	Calories	from Fat 0
	¢	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 0g		

Calcium 0% • Iron 0%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vitamin C

4%

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9		Carbs 4	Protein 4

12000-0911

Vitamin A

INGREDIENTS: Dehydrated onions.

 $Processed \ in \ a \ plant \ that \ handles \ wheat, egg, \ dairy, soybean, peanut, cashew, walnut, and \ almond \ products.$

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

217 SERVINGS NET WT. 1 LB 7.0 OZ (652 g)