

THRIVE™ Quick Reference Sheet

Throw and Go

Remember, when making recipes with some liquid content (sauces, soups, batters, and more), you don't need to rehydrate the THRIVE foods first. Just toss them in with the dry ingredients and add the necessary water to the wet ingredients.

THRIVE PRODUCT	PRODUCT	WATER	TIME	PREP	FRESH EQUIVALENT*
Apples, Fuji	1 c.	½ c.	5–10 min.	Soak	½ apple
Apples, Granny Smith	1 c.	½ c.	10–15 min.	Soak	½ apple
Applesauce	1 c.	2 ½ c.	—	Blend	3 c. applesauce
Apricots	1 c.	⅓ c.	5–10 min.	Soak	4 apricots
Asparagus	1 c.	⅓ c.	5–10 min.	Soak	5 stalks (¼ lb.)
Banana Slices	1 c.	½ c.	10–15 min.	Soak	1 ¼ bananas
Béchamel Sauce	1 c.	2 c. hot	2–3 min.	Stir	2 c. sauce
Beef Dices	1 c.	½ c.	15–20 min.	Soak	⅓ lb. raw
Beef, Ground	1 c.	¼ c.	10–15 min.	Soak	½ lb. raw
Beef, Roast	1 c.	½ c.	10–15 min.	Soak	½ lb. raw
Blackberries	1 c.	½ c.	5–10 min.	Soak	½ pint
Blueberries	1 c.	⅓ c.	5–10 min.	Soak	½ pint
Bouillon	1 tsp.	1 c. hot	—	Stir	1 c. broth
Broccoli	1 c.	⅓ c.	5–10 min.	Soak	⅓ head
Carrot Dices	½ c.	½ c.	5–10 min.	Soak	1 c. (1 ½ large carrots)
Cauliflower	1 c.	⅓ c.	5–10 min.	Soak	⅓ head
Celery	1 c.	⅓ c.	5–10 min.	Soak	2 stalks
Cheese, Shredded	1 c.	¼ c.	overnight	Drizzle	1 c. grated
Cherries, Sweet	1 c.	Mist	45 min.	Spray	⅓ lb.
Chicken, Seasoned	1 c.	⅓ c.	15 min.	Soak	⅓ lb. raw
Chicken, Chopped	1 c.	½ c.	15–20 min.	Soak	⅓ lb. raw
Corn, Sweet	1 c.	⅓ c.	5–10 min.	Soak	1 c. (⅓ lb.)
Drink Mixes	2 tbsp.	1 c.	—	Stir	1 c. drink
Eggs, Scrambled Mix	2 tbsp.	3 tbsp.	—	Stir	1 whole egg
Eggs, White	1 tbsp.	1 ½ tbsp.	—	Stir	1 egg white
Eggs, Whole	1 tbsp.	2 tbsp.	—	Stir	1 whole egg
Espagnole Sauce	⅓ c.	2 c. hot	2–3 min.	Stir	2 c. sauce
Grapes, Red Seedless	1 c.	Mist	45 min.	Spray	½ lb.
Green Beans	1 c.	⅓ c.	5–10 min.	Soak	1 c. (⅓ lb.)
Ham Dices	1 c.	½ c. warm	15–20 min.	Soak	⅓ lb.
Honey Crystals	1 c.	5 tbsp. hot	2–3 hours	Heat	1 c. honey
Mangoes	1 c.	⅓ c.	5–10 min.	Soak	¾ mango

THRIVE PRODUCT	PRODUCT	WATER	TIME	PREP	FRESH EQUIVALENT*
Milk, Instant	3 c.	1 gal.	30 min.	Stir	1 gal. milk
Milk, Powdered	3 tbsp.	1 c.	—	Stir	1 c. milk
Mushroom Pieces	1 c.	⅓ c.	3–5 min.	Soak	1 c. (4 oz. pkg.)
Onions, Chopped	¾ c.	¾ c.	3–5 min.	Soak	1 c. (½ large onion)
Onions, Chopped (FD)	1 c.	⅓ c.	5–10 min.	Soak	½ large onion
Onions, Green	1 c.	¼ c.	2–3 min.	Soak	6 ½ stalks
Peach Slices	1 c.	⅓ c.	10–15 min.	Soak	1 peach
Pears	1 c.	⅓ c.	5–10 min.	Soak	1 pear
Peas, Green	1 c.	⅓ c.	3–5 min.	Soak	1 c. (¼ lb.)
Peppers (Red, Green)	1 c.	⅓ c.	3–5 min.	Soak	1 bell pepper
Peppers, Green Chili	1 c.	⅓ c.	3–5 min.	Soak	2 green chilies
Peppers, Mixed Bell	¾ c.	¾ c.	15–20 min.	Soak	1 c. (1 pepper)
Pineapple Chunks	1 c.	½ c.	10–15 min.	Soak	⅓ pineapple
Potato Beads	1 c.	1 ½ c.	5 min.	Boil	2 c. mashed potatoes
Potato Chunks	¾ c.	1 ½ c.	10–15 min.	Boil	1 c. (½ large potato)
Potato Dices	½ c.	1 c.	10–15 min.	Soak	½ large potato
Raspberries	1 c.	3 tbsp.	5–10 min.	Soak	½ pint
Sausage Crumbles	1 c.	¼ c.	15–20 min.	Soak	¼ lb. raw
Shortening Powder	1 c.	¼ c.	—	Stir	1 c. shortening
Sour Cream Powder	1 c.	⅓ c.	—	Stir	1 c. sour cream
Spinach, Chopped	1 c.	⅓ c.	5 min.	Soak	1 c. (⅓ lb.)
Squash, Butternut	1 c.	⅓ c.	5–10 min.	Soak	⅓ squash
Strawberries, Sliced	1 c.	¼ c.	5–10 min.	Soak	6 strawberries
Strawberries, Whole	1 c.	½ c.	5–10 min.	Soak	6 strawberries
Tomato Sauce	½ c.	2 c. hot	2–3 min.	Stir	2 c. sauce
Tomato Powder (paste)	1 c.	2 c.	—	Stir	3 c. tomato paste
Tomato Powder (sauce)	1 c.	4 c.	—	Stir	5 c. tomato sauce
Tomato Powder (juice)	1 c.	6 c.	—	Stir	6 c. tomato juice
Tomato Dices	1 c.	⅓ c.	3–5 min.	Soak	1 large tomato
Turkey Dices	1 c.	⅓ c.	10–15 min.	Soak	½ lb. raw
Velouté Sauce	½ c.	2 c. hot	2–3 min.	Stir	2 c. sauce
Zucchini	1 c.	⅓ c.	3–5 min.	Soak	1 zucchini

*All fresh equivalents are approximate amounts.

For all freeze dried products, 1 cup dry product can replace 1 cup fresh.