



World Vegetable Center

Dried Vegetable Recipes

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Thibault Nordey, and Tsvetelina Stoilova*





Healthier lives and more resilient livelihoods through greater diversity in what we grow and eat

The **World Vegetable Center**, an international nonprofit institute, conducts research, builds networks, and carries out training and promotion activities to raise awareness of the role of vegetables for improved health and global poverty alleviation. The Center's improved vegetable lines and technologies help small-scale farmers boost yields, increase their incomes, and safely grow nutritious vegetables for their families and communities.

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Foreword

African traditional leafy vegetables are gaining in popularity and many smallholder farmers are producing and marketing these vegetables.

When dried, traditional vegetables provide a source of nutrition year-round.

This recipe book for mostly traditional vegetables aims to promote consumption of dried vegetables. Many people do not know how to prepare dried vegetables to achieve a desirable texture, flavor, and taste.

Try preparing dried vegetables with coconut milk, groundnut flour, fresh milk, or lemon juice, as suggested by our recipes. You will be delighted by the taste, and will benefit from the additional nutrients, too!

We hope you will enjoy preparing these healthy dishes and snacks from dried vegetables. Please share your favorite recipes with other families and friends in your community.



Roseline Marealle
Postharvest Researcher & Nutritionist

Introduction

African leafy vegetables are valuable sources of nutrients, and some also have important medicinal properties. But leafy vegetables are perishable, and much of the harvest is lost from the field to the table. Many countries, including Tanzania, experience postharvest losses of nearly 40%. Expensive or unreliable energy sources and a lack of access to refrigeration curtail people's ability to preserve and store food for off-season consumption.

The World Vegetable Center focuses on processing to prevent postharvest losses. Vegetable processing is a set of methods and techniques to transform raw ingredients into other products.

Drying perishable commodities can greatly extend product shelf life and reduce postharvest waste, as well as greatly reduce transportation and storage costs. Drying fresh produce, which contains up to 95% water, to a safe moisture content of 7% to 8% requires the application of low heat and ventilation for the best results. The estimated time required for drying will vary based upon the type of fresh produce. Drying slows down or stops microbial contamination. Drying vegetables using solar dryers is a cost-effective processing method for small- to medium-size farmers and processors to extend the shelf-life of vegetables.

Rehydration of dried vegetables

Very simple cooking methods will restore volume and texture to dehydrated vegetables. Although they may appear shriveled in the package, the vegetable pieces will return to their original shape after they have been rehydrated with water.

To rehydrate dried vegetables: One cup of dried vegetables reconstitutes to about 2 cups. Soak the dried vegetables in cold water for 30-90 minutes or overnight. Or, cover the vegetables with hot water for 20-60 minutes, and then simmer to desired tenderness. Use the soaking water for cooking -- it contains nutrients and adds flavor!

How to make tomato or carrot powder: Simply grind the dried vegetables to a powder using a blender or mortar.

Dried vegetables have a unique texture and flavor. They can be added to casseroles, soups, and stews; used in seasoning mixes; or just eaten "out-of-hand" as a delicious, nutritious snack.

Enjoy!

Nightshade stew

Ingredients

- Dried amaranth 100 g
- Dried nightshade 50 g
- Groundnuts 5 tbs
- Milk 1 cup
- Coriander 1 tbs
- Tomato dried slices 2 g
- Onion dried 1 g
- Carrots dried 4 g
- Cooking oil 2 tbs
- Salt 1 tbs

Direction

- Soak the dried vegetables in water for 30 min
- Prepare the groundnut powder/flour by grinding the roasted groundnuts
- Fry the dried onion
- Add dried carrots and stir
- Put dried tomatoes slices and stir
- Add the dried vegetables and fresh milk then stir and cover the pot
- Add coriander
- Mix the groundnuts flour/powder with water then add to the vegetables, stir for 5 min
- Add salt

Ready to eat!

Variation

Try using:

- Coconut milk
- Peanut butter
- Sweet pepper
- Chili pepper
- Vegetable soaking water



Preparation time	40 min
Difficulty	***
Price	**

Prep Time: 30 min

Cook Time: 10 min



Amaranth with dried carrots

Ingredients

- Dried amaranth 100 g
- Dried nightshade 50 g
- Onion dried 3 g
- Carrots dried 4 g
- Tomato powder
- Coconut milk 50 g
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried amaranth and nightshade in water for 30 min
- Fry the dried onion
- Add dried carrots and stir
- Add tomato powder and stir
- Add the dried vegetables, stir and cover the pot for 3 min
- Add coriander
- Add coconut milk to the vegetables, stir for 3 min
- Add salt

Ready to eat!

Variation

Try using:

- Fresh milk
- Peanut butter/ groundnut flour
- Vegetable soaking water



Preparation time	36 min
Difficulty	★ ★ ★
Price	★ ★

Prep Time: 30 min

Cook Time: 6 min



Amaranth with fresh milk

Ingredients

- Dried amaranth 100 g
- Milk 1 cup
- Cooking oil 2 tbs
- Coriander 1 tbs
- Dried onion 2 g
- Carrots dried 3 g
- Tomato powder 2 tbs
- Salt 1 tbs

Direction

- Soak the dried amaranth in water for 30 min
- Fry the dried onion
- Add dried carrots
- Add tomato powder and stir
- Add the dried amaranth then stir and cover the pot for 4 min
- Add milk and cover for 3 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Coconut milk
- Peanut butter/groundnut flour
- Vegetable soaking water



Preparation time	37 min
Difficulty	☆☆☆
Price	☆☆☆

Prep Time: 30 min
Cook Time: 7 min



African eggplant with dried carrots

Ingredients

- Dried African eggplant 35 g
- Tomato dried slices 3 g
- Onion dried 2 g
- Groundnut flour 5 tbs
- Milk 1 cup
- Cooking oil 2 tbs
- Coriander 1 tbs
- Salt 1 tbs
- Carrots dried 10 g

Direction

- Soak the dried vegetables in water for 30 min
- Prepare the groundnut powder/flour by grinding the roasted groundnuts
- Fry the dried onion
- Add dried carrots and stir
- Add dried tomatoes slices and stir
- Add the dried African eggplant and fresh milk, then stir and cover the pot for 8–10 min
- Add coriander
- Mix the groundnut flour/powder with water, then add to the vegetables and stir for 5 min
- Add salt

Ready to eat!

Variation

Try using:

- Coconut milk
- Peanut butter
- Vegetable soaking water



Preparation time	45 min
Difficulty	***
Price	***

Prep Time: 30 min

Cook Time: 15 min



African eggplant mixed with amaranth

Ingredients

- Dried African eggplant 50 g
- Dried amaranth 40 g
- Tomato powder 3 tbs
- Onion dried 2 g
- Coconut milk 1 cup
- Cooking oil 2 tbs
- Carrots dried
- Salt 1/2 tbs

Direction

- Soak the dried vegetables in water for 30 min
- Fry the dried onion
- Add dried carrots and stir
- Put dried tomatoes slices and stir
- Add dried carrots and stir
- Add the dried African eggplant and fresh milk, then stir and cover the pot for 8 min
- Add amaranth
- Add coconut milk stir cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Fresh milk
- Peanut butter/groundnut flour
- Vegetable soaking water



Preparation time	43 min
Difficulty	***
Price	***

Prep Time: 30 min

Cook Time: 10 min



Tomato soup

Ingredients

- Tomato dried slices 200 g
- Onion dried 50 g
- Carrots dried 50 g
- Coriander 1 tbs
- Milk 2 cups
- Cooking oil/butter 2 tbs
- Salt 1 tbs

Direction

- Soak dried tomatoes for 30 min
- Mix the sliced tomatoes with the water you have soaked, onion, and carrots then boil for 15 min
- add oil/butter
- add coriander
- add salt
- Blend the mixture
- Add milk to the mixture and boil for 5 min

Ready to eat!

Variation

Try using:

- Potatoes - 4
- Butter/margarine 2 tbs
- Tomato soaking water 1 lt
- Black/chill pepper 1 tbs



Preparation time	55 min
Difficulty	★ ★ ★
Price	★ ★ ★

Prep Time: 30 min

Cook Time: 25 min



Mixed vegetables

Ingredients

- Dried amaranth 200 g
- Dried nightshade 100 g
- Dried African eggplant 50 g
- Groundnuts ½ cup
- Milk 1 cup
- Coriander 1 tbs
- Tomato dried slices
- Onion dried
- Carrots dried 1/4 cup
- Cooking oil 2 tbs
- Salt 1 tbs

Direction

- Soak the dried vegetables in water for 30 min
- Prepare the groundnut powder/flour by blending the roasted groundnuts
- Fry the dried carrots
- Add African eggplant, stir for 8 min
- Add onions. When they are brown in color add tomato powder and stir
- Add the dried vegetables and stir
- Add fresh milk then cover the pot for 3 min
- Add coriander
- Mix the groundnut flour/powder with water then add to the vegetables, stir for 4 min
- Add salt

Ready to eat!

Variation

Try using:

- Peanut butter
- Coconut milk



Preparation time	45 min
Difficulty	★ ★ ★
Price	★ ★ ★

Prep Time: 30 min

Cook Time: 15 min

Boiled amaranth

Ingredients

- Dried amaranth 100 g
- Carrots dried 4 g
- Onion dried 2 g
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried amaranth in water for 30 min
- Mix the dried amaranth with onion and carrots then boil for 5 min using the water used to soak the amaranth
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Chicken/beef soup stock instead of water
- Sweet pepper



Preparation time	35 min
Difficulty	★★★★
Price	★★★★

Prep Time: 30 min

Cook Time: 5 min



Ethiopian mustard with dried carrots

Ingredients

- Dried Ethiopian mustard 200 g
- Onion fresh 1
- Dried carrot slices 6 g
- Tomato powder 3 tbs
- Coconut milk 50 g
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried Ethiopian mustard in water for 30 min
- Fry the onion
- Add the dried Ethiopian mustard then stir
- Add tomato powder and stir
- Add dried carrot slices and stir, then cover the pot for 5 min
- Add coconut milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Fresh milk
- Vegetable soaking water



Preparation time	40 min
Difficulty	***
Price	**

Prep Time: 30 min
Cook Time: 10 min



Cowpea leaves

Ingredients

- Dried cowpea leaves 200 g
- Onion fresh 1
- Carrot powder 5 g
- Tomato powder 3 tbs
- Coconut milk 50 g
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried cowpea leaves in water for 30 min
- Fry the onion
- Add cowpea leaves and stir
- Add tomato powder and stir
- Add carrot powder and stir, then cover the pot for 5 min
- Add coconut milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Fresh milk
- Vegetable soaking water



Preparation time	40 min
Difficulty	***
Price	***

Prep Time: 30 min

Cook Time: 10 min



Okra with fresh milk

Ingredients

- Dried okra 300 g
- Onion fresh 1
- Carrot powder 5 g
- Tomato powder 3 tbs
- Fresh milk 1 cup
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs

Direction

- Soak the dried okra in water for 30 min
- Fry the onion
- Add dried okra and stir
- Add tomato powder
- Add carrot powder and stir, then cover the pot for 5 min
- Add fresh milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Coconut milk
- Peanut butter
- Vegetable soaking water



Preparation time	40 min
Difficulty	***
Price	***

Prep Time: 30 min
Cook Time: 10 min



Pumpkin leaves

Ingredients

- Dried pumpkin leaves 200 g
- Fresh onion 1
- Carrot powder 4 tbs
- Tomato powder 3 tbs
- Coconut milk 50 g
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried pumpkin leaves in water for 30 min
- Fry the onion
- Add the dried pumpkin leaves and stir
- Add tomato powder
- Add carrot powder and stir, then cover the pot for 5 min
- Add coconut milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Fresh milk
- Vegetable soaking water



Preparation time	40 min
Difficulty	***
Price	***

Prep Time: 30 min

Cook Time: 10 min



Spider plant mixed with cowpea leaves

Ingredients

- Dried spider plant leaves 100 g
- Dried cowpea leaves 200 g
- Fresh onion 1 big
- Carrot powder 5 tbs
- Tomato powder 4 tbs
- Coconut milk 50 g
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried spider plant and cowpea leaves in water for 30 min
- Fry the onion
- Add the dried spider plant and cowpea leaves and stir
- Add tomato powder
- Add carrot powder and stir, then cover the pot for 5 min
- Add coconut milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Fresh milk
- Peanut butter
- Vegetable soaking water



Preparation time	40 min
Difficulty	***
Price	***

Prep Time: 30 min
Cook Time: 10 min



Sweet potato leaves with fresh milk

Ingredients

- Dried sweet potato leaves 300 g
- Fresh onion 1 big
- Carrot powder 5 tbs
- Tomato powder 4 tbs
- 2 lemons
- Fresh milk 1 cup
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried sweet potato leaves in water for 30 min
- Fry the onion
- Add the dried sweet potato leaves
- Add lemon juice
- Add tomato powder
- Add carrot powder and stir, then cover the pot for 5 min
- Add fresh milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Coconut milk
- Peanut butter
- Vegetable soaking water



Preparation time	40 min
Difficulty	***
Price	***

Prep Time: 30 min

Cook Time: 10 min



African eggplant mixed with okra and peanut butter

Ingredients

- Dried African eggplant 200 g
- Dried okra 200 g
- Dried tomato slices 3 g
- Dried carrots 6 g
- Onion fresh 2
- Peanut butter 4 tbs
- Coconut milk 50 g
- Cooking oil 2bs
- Coriander 1 tbs
- Salt 1 tbs

Direction

- Soak the dried African eggplant and okra in water for 30 min
- Fry the dried onion
- Add African eggplant
- Add dried tomatoes slices and stir
- Add dried carrots and stir, then cover the pot for 10 min
- Add the dried okra
- Add peanut butter, then stir
- Add coconut milk, stir and cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Fresh milk
- Groundnut flour
- Vegetable soaking water



Preparation time	45 min
Difficulty	***
Price	***

Prep Time: 30 min
Cook Time: 10 min



Jute mallow with coconut milk

Ingredients

- Dried jute mallow 250 g
- Fresh onion 1
- Carrot powder 5 tbs
- Tomato powder 4 tbs
- Coconut milk 50 g
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the jute mallow leaves in water for 30 min
- Fry the onion
- Add the dried jute mallow
- Add tomato powder
- Add carrot powder and stir, then cover the pot for 3 min
- Add coconut milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Fresh milk
- Peanut butter
- Vegetable soaking water



Preparation time	38 min
Difficulty	***
Price	***

Prep Time: 30 min

Cook Time: 8 min



Jute mallow mixed with amaranth

Ingredients

- Dried jute mallow 200 g
- Dried amaranth 100 g
- Fresh onion 1 big
- Dried carrot slices 5 g
- Tomato powder 4 tbs
- Fresh milk 1 cup
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried jute mallow and amaranth in water for 30 min
- Fry the onion
- Add dried carrots and stir for 3 min
- Add the jute mallow and amaranth leaves
- Add tomato powder
- Add fresh milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

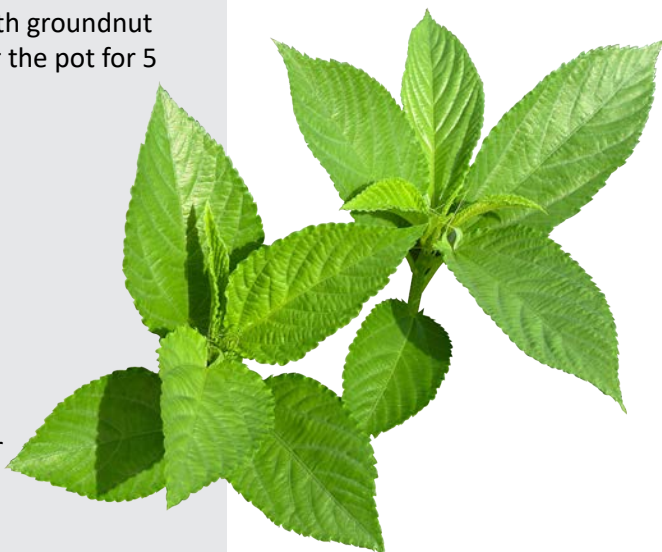
- Coconut milk
- Peanut butter
- Vegetable soaking water



Preparation time	38 min
Difficulty	***
Price	***

Prep Time: 30 min

Cook Time: 8 min



Ethiopian mustard mixed with amaranth

Ingredients

- Dried Ethiopian mustard 200 g
- Dried amaranth 100 g
- Fresh onion 1 big
- Dried carrot slices 5 g
- Tomato powder 4 tbs
- Fresh milk 1 cup
- Groundnut flour 4 tbs
- Cooking oil 2 tbs
- Salt 1 tbs
- Coriander 1 tbs

Direction

- Soak the dried Ethiopian mustard and amaranth in water for 30 min
- Fry the onion
- Add dried carrots and stir for 3 min
- Add the Ethiopian mustard and amaranth leaves
- Add tomato powder, stir, and cover the pot for 5 min
- Add fresh milk mixed with groundnut flour and stir, then cover the pot for 5 min
- Add coriander
- Add salt

Ready to eat!

Variation

Try using:

- Coconut milk
- Peanut butter
- Vegetable soaking water

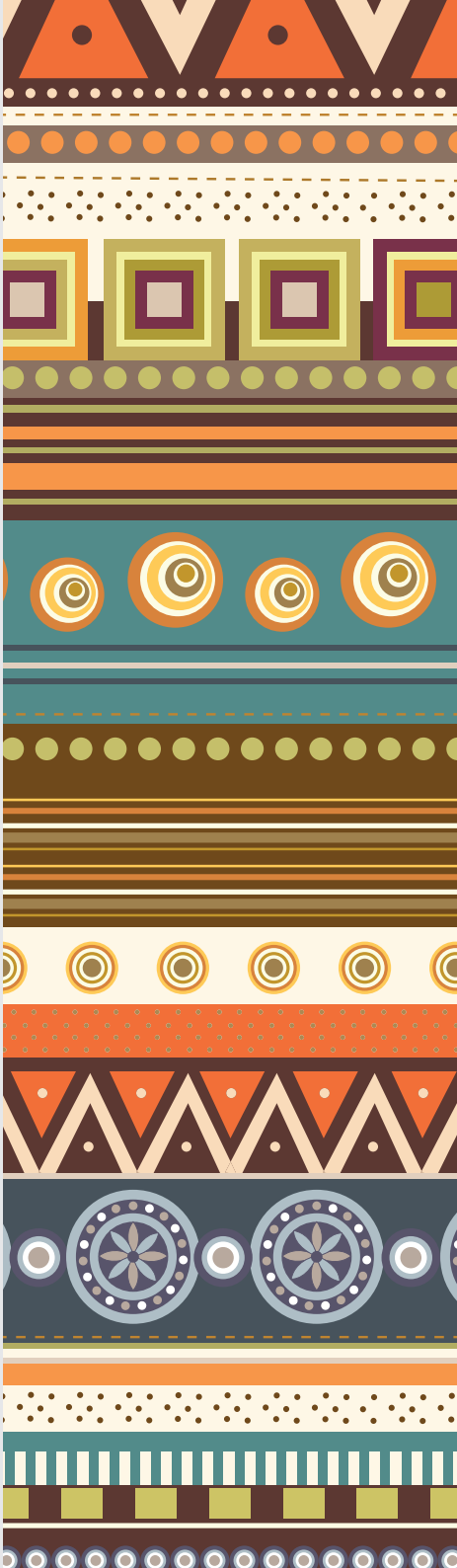


Preparation time	43 min
Difficulty	***
Price	***

Prep Time: 30 min
Cook Time: 13 min



HEALTHY VEGETABLE SNACKS



Tomato leather

Ingredients

- Fresh tomatoes 200 g, preferably a variety with low water content
- Salt 5 tbs

Direction

- Sort and wash tomatoes
- Put them in boiling water for 3-5 min
- Remove them from water, remove the peels
- Cut them into halves, then remove the seeds
- Blend them in a mechanical blender to make a puree
- Simmer (cook at low temperature) in iron pot for 30-45 min.
- Add salt
- Spread the puree on aluminum foil in the drying cabinet
- Dry at 85 °C for 8 hrs. Monitor the temperature. Higher temperatures can burn the product.
- After drying, cut into cubes (4 x 4 cm) or rectangles (4 x 6 cm)
- Put into packaging that will not let water in (plastic, cellophane, or glass)



Preparation time	1 hrs
Difficulty	★ ★
Price	★ ★

Prep Time: 1 hrs
Cook Time: 8 hrs



Amaranth leather

Ingredients

- Fresh amaranth 200 g
- Salt 2 tbs

Direction

- Sort and wash amaranth leaves
- Chop into 5 cm length
- Put in 100 °C boiling water with salt for 1 min
- Cool in cold water for 5 min
- Blend in a mechanical blender for 5 min to get amaranth puree
- Spread the puree on aluminum foil in a drying cabinet at 0.5 cm thickness
- Dry at 85 °C for 8 hrs and monitor the temperature. Higher temperatures can burn the product.
- After drying, cut into cubes (4 x 4 cm) or rectangles (4 x 6 cm)
- Put into packaging that will not let water in (plastic, cellophane, or glass)



Preparation time	45 min
Difficulty	★★
Price	★★

Prep Time: 45 min

Cook Time: 8hrs



Mixed vegetable leather

Ingredients

- Fresh amaranth 200 g
- Fresh tomatoes 200 g, preferably a variety with low water content
- Salt 7 tbs

Direction

- Prepare amaranth and tomato puree as noted in the recipes on pages 29 and 30
- Mix the puree at 40:60 amaranth:tomato
- Spread the puree on aluminum foil in a drying cabinet at 0.5 cm thickness
- Dry at 85 °C for 8 hrs and monitor the temperature. Higher temperatures can burn the product.
- After drying, cut into cubes (4 x 4 cm) or rectangles (4 x 6 cm)
- Put into packaging that will not let water in (plastic, cellophane, or glass)



Preparation time	1hr
Difficulty	☆☆
Price	☆☆

Prep Time: 1hr
Cook Time: 8hrs





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