

INGREDIENT EQUIVALENTS

FOOD	AMOUNT	YIELD
Vegetables And Fruit		
Onion	1 medium	½ cup (125 mL) chopped
Tomatoes	2 large or 4 small	2 cups (500 mL) diced
Carrots	2 medium	1 cup (250 mL) chopped
Bananas	2-3 medium	1 cup (250 mL) mashed
Grain Products		
Rice	⅓ cup (75 mL) uncooked	1 cup (250 mL) cooked rice
Pasta	½ cup (125 mL) uncooked	1 cup (250 mL) cooked pasta
Pasta	1 lb (454 g) dry	4-6 cups (1-1.5 L) cooked pasta
Milk And Alternatives		
Block cheese	¼ lb (113 g)	1 cup (250 mL) shredded cheese
Meat And Alternatives		
Nuts	¼ lb (113 g)	1 cup (250 mL) finely chopped
Raw ground beef	1 lb (454 g)	2 cups (500 mL) cooked
Dried beans	1 cup (250 mL)	2-2 ½ cups (500-625 mL) cooked
Fats And Oils		
Margarine	1 lb (454 g)	2 cups (500 mL) margarine
Other		
Skim milk powder	1 ¼ cups (300 mL) dry	4 cups (1 L) skim milk fluid



ON-HAND SUBSTITUTION LIST

IF YOU DO NOT HAVE...	TRY...
<ul style="list-style-type: none"> Self-rising flour, sifted, 1 cup (250 mL) 	<ul style="list-style-type: none"> 1 cup (250 mL) all-purpose flour plus 1 ½ tsp (7 mL) baking powder and ½ tsp (2 mL) salt
<ul style="list-style-type: none"> Brown sugar, packed, 1 cup (250 mL) 	<ul style="list-style-type: none"> 1 cup (250 mL) white sugar
<ul style="list-style-type: none"> Cornstarch, 1 Tbsp (15 mL) 	<ul style="list-style-type: none"> 2 Tbsp (30 mL) all-purpose flour
<ul style="list-style-type: none"> Baking powder, 1 tsp (5 mL) 	<ul style="list-style-type: none"> ¼ tsp (1 mL) baking soda plus ¾ tsp (4 mL) cream of tartar
<ul style="list-style-type: none"> Liquid honey, 1 cup (250 mL) 	<ul style="list-style-type: none"> 1 ¼ cup (300 mL) sugar plus ½ cup (125 mL) water
<ul style="list-style-type: none"> Buttermilk or sour milk, 1 cup (250 mL) 	<ul style="list-style-type: none"> 1 cup (250 mL) plain yogurt or 1 cup (250 mL) fresh milk with 1 Tbsp (15 mL) of vinegar added
<ul style="list-style-type: none"> Milk, 1 cup (250 mL) 	<ul style="list-style-type: none"> ½ cup (125 mL) evaporated milk plus ½ cup (125 mL) water or 1/3 cup (75 mL) skim milk powder plus 1 cup (250 mL) water
<ul style="list-style-type: none"> Cream, 1 cup (250 mL) 	<ul style="list-style-type: none"> ¾ cup (175 mL) milk plus ¼ cup (60 mL) margarine
<ul style="list-style-type: none"> Chocolate, 1 oz (1 square, 30 g) 	<ul style="list-style-type: none"> 3 Tbsp (45 mL) cocoa plus 1 Tbsp (15 mL) butter/shortening
<ul style="list-style-type: none"> Meat stock, 1 cup (250 mL) 	<ul style="list-style-type: none"> 1 cup (250 mL) consommé, or 1 bouillon cube dissolved in 1 cup (250 mL) hot water
<ul style="list-style-type: none"> Tomato juice, 1 cup (250 mL) 	<ul style="list-style-type: none"> ½ cup (125 mL) tomato sauce plus ½ cup (125 mL) water
<ul style="list-style-type: none"> Ketchup, 1 cup (250 mL) 	<ul style="list-style-type: none"> 1 cup (250 mL) tomato sauce, plus ½ cup (125 mL) sugar, plus 2 Tbsp (30 mL) vinegar
<ul style="list-style-type: none"> Garlic, 1 clove 	<ul style="list-style-type: none"> ¼ tsp (1 mL) garlic powder
<ul style="list-style-type: none"> Dry mustard, 1 tsp (5 mL) 	<ul style="list-style-type: none"> 1 Tbsp (15 mL) prepared mustard
<ul style="list-style-type: none"> Onion, 1 small 	<ul style="list-style-type: none"> 1 Tbsp (15 mL) dehydrated, minced onion
<ul style="list-style-type: none"> Fresh herbs, 1 Tbsp (15 mL) 	<ul style="list-style-type: none"> 1 tsp (5 mL) dried herbs
<ul style="list-style-type: none"> Juice of 1 lemon 	<ul style="list-style-type: none"> 3-4 Tbsp (45-60 mL) bottled lemon juice

