

# The Ultimate Conversion / Substitution Chart

## Basic Measurement Conversions:

	Teaspoon	Tablespoon	Fluid Ounce	Cup	Pint	Quart	Gallon
Teaspoon	1	1/3					
Tablespoon	3	1	1/2	1/16			
Fluid Ounce	6	2	1	1/8			
Cup	48	16	8	1	1/2	1/4	1/16
Pint			16	2	1	1/2	1/8
Quart			32	4	2	1	1/4
Gallon			128	16	8	4	1

## Freeze Dried Veggie Conversions

**Asparagus (4-6 stalks)** = 1/2 cup freeze dried + just enough water to make them float

**Bell Pepper (1 small)** = 3/4 - 1 cup freeze dried + just enough water to make them float

**Chili Peppers (one 4oz can)** = 1/3 cup freeze dried + just enough water to make them float

**Corn (one 15 oz can or 1 cup fresh)** = 1 cup freeze dried + just enough water to make them float

**Green Onion (1/2 cup fresh)** = 1/4 cup freeze dried + 1 tsp water

**Onion (1 small)** = 1/3 - 1/2 cup freeze dried + 2 tsp water

**Potatoes (1 small fresh)** = 1/2 cup freeze dried + just enough water to make them float

**Tomatoes (1 15 oz can or 2 small fresh)** = 1 cup freeze dried + just enough water to make them float

**Tomato Paste (1 6 oz can)** = 6 T powder, 1 T water

**Tomato Sauce (one 15 oz can)** = 1/3 cup powder, 2 cups water

**Tomato Juice (one 64 oz bottle)** = 3/4 cups powder, 8 cups water

**Zucchini (1 small)** = 3/4 cup freeze dried + just enough water to make them float

## Dairy Conversions:

**1 cup Nonfat Milk** = 1 cup water, 2.5 T. Instant Milk Powder

**1 cup Whole Milk** = 1 cup water, 2.5 T. Instant Milk Powder, 2.5 T Butter Powder.

**1 cup Sweetened Condensed Milk** = 1/2 cup of **Hot** Water, 1 c. Instant Milk Powder, 1 cup Sugar, 1 T. of Butter Powder.

**1 cup Evaporated Milk** = 1 1/2 c. water, 1/2 c. + 1 T. Instant Milk Powder

**1 cup Buttermilk** = 1 cup milk plus 1 T vinegar OR 1 T. lemon juice OR 1/4 tsp lemon powder

**1 cup Heavy Cream** = 1 cup water, 3 T. Instant Milk Powder, 5 T Butter Powder.

**1 medium Egg** = 2 T. water, 1 T Whole Egg Powder

**1 large Egg** = 2 T. water, 1 T + 1 tsp Whole Egg Powder

## Spice Conversions

*May change taste slightly, but if you are out of a spice, try these substitutions:*

**1 tsp Allspice** = 1/2 tsp cinnamon + 1/2 tsp ground cloves

**1 tsp Basil** = 1/2 tsp oregano, 1/2 tsp thyme

**1 tsp Cinnamon** = 1/4 tsp nutmeg, 1/4 tsp allspice

**1 tsp Cumin** = 1/2 tsp chili powder, 1/2 tsp ground coriander

**1 tsp Ginger** = 1 tsp allspice

**1 tsp Oregano** = 1/2 tsp basil, 1/2 tsp thyme

**1 tsp Pumpkin Pie Spice** = 1/2 tsp cinnamon, 1/4 tsp ginger, 1/8 tsp allspice, 1/8 tsp nutmeg

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## Alcohol:

Credit: Food Storage Made Easy

**Dry Red Wine:** Liquid drained from canned mushrooms OR beef broth, OR tomato juice, OR 1 cup red grape juice (decrease sugar in recipe)

**Dry White Wine:** Chicken broth OR ginger ale, OR white grape juice (decrease sugar in recipe)

**Beer / Ale (in cheeses):** Chicken broth, ginger ale

**Brandy:** Apple cider, peach or apricot syrup

**Red Burgundy:** Red Grape Juice

**White Burgundy:** White Grape Juice

**Champagne:** Ginger ale

**Claret:** Grape or currant juice or cherry cider

**Cognac:** Peach, pear or apricot juice

**Kirsch:** Syrup or juice from black cherries and raspberries

**Rum:** Pineapple juice mixed with almond extract

**Sherry:** Orange or pineapple juice

## Freeze Dried Meat / Cheese:

**1 pound Chicken Breast** = 1 ¼ cup freeze dried chopped chicken  
OR 1 ½ cup freeze dried chicken slices plus ½ - ¾ cup water

**1 pound Ground Beef** = 1 ¼ cup freeze dried ground beef + 1/3 cup water

**1 pound sliced or cubed beef** = 1 ½ cup freeze dried beef slices + ½ cup water

**1 pound ground sausage** = 1 ¼ cup freeze dried sausage + 1/3 cup water

**1 8 oz bag shredded cheese** = 2 cups freeze dried shredded cheese + ¼ - 1/3 cup water

## Sweeteners:

**1 cup Dark Brown Sugar** = 1 cup granulated sugar + ¼ cup molasses

**1 cup Light Brown Sugar** = ½ cup dark brown sugar + ½ cup granulated sugar

**1 cup Dark Corn Syrup** = 1 cup brown sugar plus ¼ cup water

**1 cup Light Corn Syrup** = 1 cup granulated sugar plus ¼ cup water

**1 cup Granulated Sugar** = 2 cups sifted powdered sugar OR ¾ cup honey plus 2 tsp baking soda minus ¼ cup water)

**1 cup Honey** = 1 ½ cup granulated sugar plus ¼ cup water OR 1 ½ cup Honey Crystals plus 6 T. HOT water.

**1 cup Powdered Sugar (baked goods only):** ¾ cup granulated sugar