



Ingredient Equivalents Chart

1 tsp or less = a pinch
3 tsp = 1 Tbs
4 Tbs = 1/4 cup
5 1/3 Tbs = 1/3 cup
8 Tbs = 1/2 cup
10 2/3 Tbs = 2/3 cup
16 Tbs = 1 cup
2 cups = 1 pint
4 cups = 1 quart
2 pints = 1 quart
4 quarts = 1 gallon

1-1/2 pounds chicken breast = 3 cups
cooked and chopped

1 pound cheese = 4-1/2 cups grated

1 stick butter = 1/2 cup, 4 ounces,
1/4 pound

1 cup chopped onion = 1 large onion

1 cup chopped sweet pepper = 1 large pepper

1 cup chopped tomato = 1 large tomato

1/2 cup chopped tomato = 2 plum tomatoes

1/2 cup diced celery = 1 large stalk

3 Tbs sliced scallion = 1 large scallion

1 tsp of chopped garlic = 1 large clove

2 Tbs of lime juice = juice of one lime

3 Tbs of lemon juice = juice of one medium lemon

1 cup of sliced mushrooms = 6-8 medium mushrooms

3 medium bananas = 1 cup mashed banana

1 Tbs of fresh herb = 1 tsp of dried

1/4 tsp stevia = 1 packet