

EQUIVALENCE CHART*

ITEM	EQUIVALENCE	EQUAL TO OR MORE INFORMATION
APPLE SLICES	10 CUPS in a #10 CAN = 1 ¼ lbs	1 c. dry + 1/2 c. water = 2 c. fresh
BAKING POWDER	59 Tbs = 1 lb	
BAKING SODA	38 Tbs = 1 lb	
BEANS	2 1/2 c. BEANS = 1lb 12 c. = #10 can	1 lb BEANS = 6 CUPS COOKED
CARROTS	12 c. in a #10 CAN = 2.5 lbs	1/2 c. DRY = 1 c. CARROTS
CELERY	2 oz = 1c. 12 c. in #10 CAN	1/2 c. DRY = 1 c. CELERY
CHEESE POWDER	4 c. in 1 lb OF POWDER	96Tbs=1 lb 1Tbs to 1c. cooked macaroni
COCOA	90 Tbs = 1 lb	(20+ year shelf life. Store in jars. Don't vacuum pack)
CORNMEAL	4 c. = 1 lb	
CORNSTARCH	45 Tbs = 1 lb	
CRISCO	227 Tbs = 6 lb CAN 17 Tbs = 1 c. 2 1/4 c. = 1 lb	1 c. CRISCO + 6 tsp WATER = 1 c. "BUTTER"
EGGS (powdered)	32 EGGS = 1 lb	2 EGGS = 1 oz.
FLOUR	12 c. in a #10 can	
GELATIN (unflavored)	1 tsp gelatin+ 3 Tbs cold water+ 2 Tbs and 1 tsp hot water=1 egg	1 oz gelatin = 12 tsp = 12 "eggs" 1 lb = 192 "eggs"
HONEY	20 Tbs = 1 c.	13 oz=1cup 6 c. = 5 lbs
HOT CHOCOLATE	12 c. in a #10 can	# 10 can = 56 liquid cups
MACARONI	12 c. in a #10 can	18 c. = 5# 2 c. dry = 5 c. cooked
MEATS	1 pint holds 1 lb of meat 1 qt holds 2 lbs of meat	
MILK	12-13 c. in a #10 CAN 38# DRY=1 c. DRY	#10 can = 58 liquid cups
MUSHROOMS	4 c. DEHYDRATED = 3 oz.	20 c. = 1 lb
NOODLES	4 c. = 8 oz.	2 c. dry = 2 c. cooked
OATS (REG)	13-14 c. in a #10 can 1 c.=4 oz	
ONION	1 ONION = 1 Tbs DRY	12 c. = #10 CAN
PARSLEY	30 Tbs = 1 oz	
PEPPER	6 Tbs = 1 oz	
PIZZA SPICE	42 Tbs = 1 lb	
POPCORN	12 c. in a #10 CAN	1 c. POPCORN = 16 c. POPPED
POTATO PEARLS	12 c. in a # 10 CAN	4.5 oz= 1 c. DRY= 2 1/2 -3 c. POTATOES
PUDDING MIX	12 -13 c. mix in a #10 CAN	
RAISINS	4 c = 1 lb	
RICE	12 c. in a #10 CAN 2 1/3 c. = 1 lb	1c. raw = 3 c. cooked

ITEM	EQUIVALENC	EQUAL TO OR MORE INFORMATION
SALT	1.5 Tbs=1oz	1 CONTAINER= 26 oz = 39Tbs=117 tsp
SEASONED SALT	2 Tbs = 1 oz	
SOUP BASE	1/8 lb makes 9 cups broth	1 # DRY = 4 TO 5 GAL OF SOUP BROTH
SOUP MIX (ABC)	12 c. DRY MIX in a #10 CAN	
SPAGHETTI	4 - 5 lbs in a #10 CAN	8 oz = 4 c. cooked
SPICES approx >.01 /tsp	1 c. = 4 oz = 16 Tbs	64 Tbs = approx. 1 lb
SUGAR	12 c. in a #10 CAN	2 c.=1 lb 1 lb= 32 Tbs= 96 tsp
SUGAR (BROWN)	1 1/3 c. = 1 lb	
TAPIOCA	40 Tbs = 1 lb	1 Tbs = 1 c. cooked
TOMATO PWDR	1 c. POWDER + 2 c. WATER = 2 c. TOMATO SAUCE	
TVP	5 1/2 - 6 CUPS DRY = 1 LB (1 TO 1 RATIO TVP & WATER)	
WHEAT	# 10 can = 5.8 lbs 12 c. in a # 10 CAN 1 c. wheat = 1 1/2 c. flour	1 lb wheat = 2 1/4 c. wheat = 3.37 c. flour #10 can = 19 1/2 c flour
YEAST	1 lb COMPRESSED.=8 oz DRY = 24 Tbs	YEAST SHELF LIFE: indefinite if kept in freezer....1 year out of freezer

*From *Everything Under the Sun*, written by Wendy DeWitt.