

BSA Troop 110 -- Aid to Food Shopping

Use this Simple Ingredient Conversion chart to plan how much of each ingredient to buy. If two recipes you are planning include the same ingredient, increase the "Number of Servings Needed" Column (H) to include servings for both recipes, or use a new Tab for each recipe and add the individual ingredient sums to gether before shopping.

Smaller you dice the ingredient, the smaller the measured amount and the stronger the taste of that one ingredient.

INGREDIENT	UNCUT SIZE	SIZE USED IN RECEIPE	WIEGHT		DICED TO .25" SQUARES		Number of Servings Needed	Amount for Increased Receipe		Amount to Buy: Round up to whole numbers	Description
			QT	UNIT	AMOUNT	UNIT		QT	UNIT		
Green Bell Pepper	Almost a softball size	WHOLE-CORED	6.5	OZ	2/3	CUP			CUP	#VALUE!	Almost a softball size
Sweet Red bell pepper	almost a softball size	1/4 PEPPER-CORED	3	OZ	1/3	CUP			CUP	#VALUE!	almost a softball size
Sweet Yellow bell pepper	almost a softball size	1/4 PEPPER-CORED	3	OZ	1/3	CUP			CUP	#VALUE!	almost a softball size
Hot Pepper - 1 small, poblano, anahem, hungarian	about 2 golfballs together	WHOLE-CORED	3	OZ	1/3	CUP			CUP	#VALUE!	about 2 golfballs together
Small onion	hardball size	WHOLE-SKINNED-CORED	3.5	OZ	2/3	CUP			CUP	#VALUE!	hardball size
Medium onion – 5.5 ounces whole	Almost a softball size	WHOLE-SKINNED-CORED	5.5	OZ	1	CUP			CUP	#VALUE!	Almost a softball size
Large onion – 8 ounces whole	Softball size	WHOLE-SKINNED-CORED	8	OZ	1 1/4	CUP			CUP	#VALUE!	Softball size
Shallot - 1 medium	Large marble size	WHOLE-SKINNED-CORED	1	OZ	1/8	CUP			CUP	#VALUE!	Large marble size
Shallot - 1 Lrg	Ping-pong ball size	WHOLE-SKINNED-CORED	2	OZ	1/4	CUP			CUP	#VALUE!	Ping-pong ball size
Celery - 1 Rib	8"to 9" branch (a Stalk is the whole bunch)	WHOLE RIB or BRANCH	2	OZ	1/2	CUP			CUP	#VALUE!	8"to 9" branch (a Stalk is the whole bunch)
Carrot - 1 small	5" Carrot	WHOLE, No Greens	2	OZ	1/3	CUP			CUP	#VALUE!	5" Carrot
Carrot - 1 Med	6" Carrot	WHOLE, No Greens	3	OZ	1/2	CUP			CUP	#VALUE!	6" Carrot
Carrot - 1 Lrg	7.5"-8.5" Carrot	WHOLE, No Greens	4	OZ	3/4	CUP			CUP	#VALUE!	7.5"-8.5" Carrot
10 mushrooms, White Button, Crimini	Large Marble sized	WHOLE-CLEANED	4	OZ	1 1/2	CUP			CUP	#VALUE!	Large Marble sized
Fresh Tomato - One Med	Hardball sized	WHOLE-CORED	4	OZ	2/3	CUP			CUP	#VALUE!	Hardball sized
Fresh Seeded Tomato - One Lrg	Almost Softball Sized	WHOLE-CORED-SEEDED	5	OZ	1/2	CUP			CUP	#VALUE!	Almost Softball Sized
1 Ear of Corn	Ear Corn	WHOLE-SHUCKED CUT OFF COB			1 1/4	CUP			CUP	#VALUE!	Ear Corn

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Asparagus	Medium Spear	ONE WHOLE	0.5	OZ	1/8	CUP			CUP	#VALUE!	Medium Spear
Black Beans, 1-19oz Can	19 oz Can	One Can, WHOLE or MASHED	19	OZ	2	CUPS			CUPS	#VALUE!	19 oz Can
Napa Cabbage - One Med Leaf	One Med Leaf	One Med Leaf	1	OZ	1/2	CUP			CUP	#VALUE!	One Med Leaf
Arugula (salad leaves)	Salad Leaves	WHOLE or CHOPPED	5	OZ	4	CUPS			CUPS	#VALUE!	Salad Leaves
Fresh Ginger	1.25" root = 1 Tbsp.	Pealed, grated or minced	3/8	OZ	1	Tbsp			Tbsp	#VALUE!	1.25" root = 1 Tbsp.
Mussels in Shell	4" shell	1 lb=1 main entrée, 3.5 oz shucked	3.5	OZ	1	lb			lb	#VALUE!	4" shell
Lime Juice	Racket Ball size	1 Whole Lime			1/4	cup			cup	#VALUE!	Racket Ball size
Beet	Racket Ball or Hardball size	1 Medium Beet, skinned, no greens	8	OZ	1/2	CUP			CUP	#VALUE!	Racket Ball or Hardball size
Garbanzos Beans-ChiChi Beans	15 oz can	One Can, WHOLE or MASHED	15	OZ	1 1/5	CUPS			CUPS	#VALUE!	15 oz can
Pickle	Large	One Large	2.5	OZ	1/2	CUP			CUP	#VALUE!	Large
Banana	One Large Banana	MASHED	4	OZ	1/2	CUP			CUP	#VALUE!	One Large Banana