

# frugal SUBSTITUTIONS

<b>Allspice</b>	Equal parts ground cinnamon, dash ground nutmeg or dash ground cloves
<b>Anise Seed</b>	Fennel seed or a few drops anise extract
<b>Apple Pie Spice</b>	For 1 tsp, substitute ½ tsp ground cinnamon plus ¼ tsp ground nutmeg, ⅛ tsp ground allspice and dash ground cloves or ground ginger
<b>Baking Powder</b>	For 1 tsp, substitute ½ tsp cream of tartar plus ¼ tsp baking soda, or ¼ tsp baking soda plus ½ cup yogurt or buttermilk and decrease liquid in recipe by ½ cup
<b>Basil</b>	Oregano or thyme
<b>Bay Leaf</b>	For 1, substitute ¼ tsp crushed bay leaf or ¼ tsp thyme
<b>Bread Crumbs</b>	For ¼ cup, substitute ¼ cup cracker crumbs, ¼ cup cornflake crumbs or ⅓ cup rolled oats
<b>Broth</b>	For 1 cup, substitute 1 bouillon cube or 1 tsp instant bouillon granules per 1 cup water
<b>Brown Sugar</b>	For 1 cup, add 2 Tbsp molasses + 1 cup white sugar
<b>Butter</b>	For half of the called-for butter, substitute applesauce, oil or pureed white beans For one-quarter of the called-for butter, substitute flaxseed meal
<b>Buttermilk</b>	Add 1 Tbsp of white wine vinegar or apple cider vinegar to 1 cup of milk Allow to sit at room temperature until the milk thickens Add 1 Tbsp of lemon juice to 1 cup of milk Allow to sit at room temperature until the milk thickens Add 1 ¾ tsp cream of tartar to 1 cup of milk Allow to sit at room temperature until the milk thickens Combine ¾ cup <a href="#">plain homemade yogurt</a> with ¼ cup whole milk Combine ½ cup <a href="#">plain homemade Greek yogurt</a> with ½ cup whole milk Combine ½ cup sour cream with ½ cup whole milk Substitute <a href="#">homemade kefir</a> for buttermilk in a one-to-one ratio, thinning with whole milk as necessary
<b>Capers</b>	Minced green olives
<b>Cardamom</b>	Ground ginger
<b>Chervil</b>	Tarragon or parsley

<b>Chili Powder</b>	Dash bottled hot pepper sauce plus a combination of dried oregano and ground cumin
<b>Chives</b>	Green onion, onion, or leek
<b>Chocolate, Semisweet</b>	For 1 ounce, substitute 3 Tbsp semisweet chocolate pieces, or 1 ounce unsweetened chocolate plus 1 Tbsp sugar
<b>Chocolate, Baking</b>	For 4 ounces, substitute ½ cup unsweetened cocoa powder plus ½ cup sugar and 1 Tbsp melted butter
<b>Chocolate, Unsweetened</b>	For 1 ounce, substitute 3 Tbsp unsweetened cocoa powder plus 1 Tbsp melted butter
<b>Cilantro</b>	Parsley
<b>Cinnamon</b>	For 1 tsp, substitute ¼ tsp ground nutmeg or ground allspice
<b>Cloves</b>	Ground allspice, ground cinnamon, or ground nutmeg
<b>Condensed Milk</b>	For one cup, heat ⅓ cup of evaporated milk, ¾ cup of sugar, and 2 Tbsp of butter until dissolved
<b>Cooking Oil</b>	For 1 Tbsp, substitute 1 Tbsp olive oil, coconut oil or butter For half of the cooking oil in baking, replace with mashed bananas
<b>Cornstarch</b>	For thickening 1 cup cream-based soup, substitute 1 cup broth thickened with a roux For 1 Tbsp, substitute equal parts potato starch or arrowroot starch, or 2 Tbsp flour
<b>Corn Syrup</b>	For 1 cup, substitute 1 cup granulated sugar plus ¼ cup water
<b>Cream Cheese</b>	For 8 ounces, substitute 8 ounces ricotta or Neufchatel cheese
<b>Cream-Based Soups</b>	For 1 cup, substitute 1 cup broth thickened with a roux
<b>Cumin</b>	Chili powder
<b>Curry Powder</b>	Mix ground turmeric, ground ginger, ground black pepper, ground coriander, ground cumin, and chili powder
<b>Dill</b>	Use an equal amount of tarragon
<b>Egg</b>	For 1 whole egg, combine 1 Tbsp ground flaxseed with 3 Tbsp water to replace 1 egg, or use ½ Tbsp physillum husks + ¼ cup water, or use ¼ cup water + 5 tsp ground flax seed
<b>Evaporated Milk</b>	For 1 cup, substitute 2 ¼ cups whole milk simmered until reduced to 1 cup, or ¾ cup half & half + 2 Tbsp melted butter
<b>Fajita Seasoning</b>	For 1 Tbsp, substitute 1 ½ tsp ground cumin plus ½ tsp dried oregano, crushed, ¼ tsp salt, ¼ tsp cayenne pepper, ¼ tsp black pepper, ⅛ tsp garlic powder, and ⅛ tsp onion powder
<b>Fennel</b>	Anise seed
<b>Flour, Cake</b>	For 1 cup, substitute 1 cup minus 2 Tbsp all-purpose flour
<b>Flour, Self-rising</b>	For 1 cup, substitute 1 cup all-purpose flour plus 1 tsp baking powder, ½ tsp salt and ¼ tsp baking soda
<b>Fruit Liqueur</b>	For 1 Tbsp, substitute 1 Tbsp fruit juice

<b>Garlic</b>	For 1 clove, substitute ½ tsp minced garlic or ⅛ tsp garlic powder
<b>Ginger</b>	Ground allspice, ground cinnamon, ground mace, or ground nutmeg
<b>Gingerroot</b>	For 1 tsp, substitute ¼ tsp ground ginger
<b>Ground Beef</b>	For 1 pound, substitute 1 pound ground turkey, ground chicken breast, cooked lentils, or black beans If you choose lentils or black beans for your burgers or meatballs, mash them slightly so they hold shape better
<b>Half &amp; Half</b>	For 1 cup, substitute 1 Tbsp melted butter plus enough whole milk to make 1 cup
<b>Heavy Cream</b>	For 1 cup, substitute ¾ cup half & half and 2 Tbsp melted butter
<b>Herbs</b>	For any herb, you can substitute 1 tsp dried herb for 1 Tbsp fresh herb
<b>Honey</b>	For 1 cup, substitute 1 ¼ cups granulated sugar plus ¼ cup water
<b>Italian Seasoning</b>	Basil, oregano, or rosemary
<b>Leeks</b>	For 1 cup, substitute 1 cup chopped green onions, 1 cup chopped shallots or 1 cup chopped sweet onions
<b>Lemon Peel or Zest</b>	For 1 tsp, substitute ½ tsp lemon extract, 2 Tbsp lemon juice, or 1 tsp lime zest
<b>Light Cream</b>	For 1 cup, substitute 1 Tbsp melted butter plus enough whole milk to make 1 cup
<b>Lime Peel or Zest</b>	For 1 tsp, substitute ½ tsp lime extract, 2 Tbsp lime juice, or 1 tsp lemon zest
<b>Mace</b>	Ground allspice, ground cinnamon, ground ginger, or ground nutmeg
<b>Marjoram</b>	Basil, thyme, or savory
<b>Mascarpone Cheese</b>	For 8 ounces, substitute 8 ounces regular cream cheese
<b>Mayonnaise</b>	Equal parts sour cream or plain Greek yogurt
<b>Milk</b>	For 1 cup milk, substitute ½ cup evaporated milk plus ½ cup water, or 1 cup water plus ⅓ cup nonfat dry milk powder, or equal parts non-dairy milk substitutes like almond milk, rice milk and coconut milk
<b>Whole Milk</b>	1 cup buttermilk plus ½ tsp of baking soda (if baking, reduce baking powder by 2 tsp), or ¼ cup nonfat dry milk and 7/8 cup of water and 2 tsp of butter
<b>Macadamia Nuts</b>	Almonds
<b>Mint</b>	Basil, marjoram, or rosemary
<b>Molasses</b>	For 1 cup, substitute 1 cup honey
<b>Mustard, Dry</b>	For 1 tsp, substitute 1 Tbsp prepared mustard
<b>Mustard, Yellow</b>	For 1 Tbsp, substitute ½ tsp dry mustard plus 2 tsp vinegar
<b>Nutmeg</b>	Ground cinnamon, ground ginger, or ground mace

<b>Onion, Chopped</b>	½ cup chopped fresh onion, 2 Tbsp dried minced onion or ½ tsp onion powder interchangeably for flavor
<b>Oregano</b>	Thyme or basil
<b>Parsley</b>	Chervil or cilantro
<b>Pepper, Black</b>	For ½ tsp, substitute ½ tsp ground white pepper or ⅛ tsp cayenne pepper
<b>Pepper, White</b>	For ½ tsp, substitute ½ tsp black pepper
<b>Poblano Pepper</b>	For stuffed peppers, use Anaheim or sweet peppers For heat, use canned fire roasted Chile peppers or Serrano peppers
<b>Poultry Seasoning</b>	For 1 tsp, substitute ¾ tsp dried sage plus a ¼ tsp blend of any of these: dried thyme, dried marjoram, dried savory, ground black pepper, and dried rosemary
<b>Pumpkin</b>	For 1 cup, substitute 1 cup cooked, mashed sweet potato or butternut squash
<b>Pumpkin Pie Spice</b>	For 1 tsp, substitute ½ tsp ground cinnamon plus ¼ tsp ground ginger, ¼ tsp ground allspice, and ⅛ tsp ground nutmeg
<b>Red pepper, Crushed</b>	Use a dash of bottled hot pepper sauce or an equal amount of black pepper
<b>Rice</b>	White rice can be replaced with brown rice, wild rice, quinoa, barley, millet, flax, buckwheat or bulgur in equal amounts
<b>Ricotta Cheese</b>	Equal parts cottage cheese
<b>Rosemary</b>	Thyme, tarragon, or savory
<b>Saffron</b>	Dash ground turmeric (for color)
<b>Sage</b>	Poultry seasoning, savory, marjoram, or rosemary
<b>Salt</b>	For 1 tsp, substitute 1 tsp salt free dried herb blends, fresh herbs, or garlic (in cooking only)
<b>Savory</b>	Thyme, marjoram, or sage
<b>Seasoning Salt</b>	Equal amount of snipped fresh herbs or equal amount of salt-free seasoning blend
<b>Sour Cream</b>	For 1 cup, substitute 1 cup plain Greek or whole milk yogurt
<b>Soy Sauce</b>	For ½ cup, substitute 4 Tbsp Worcestershire sauce mixed with 1 Tbsp water
<b>Spice Blends</b>	Garlic powder instead of garlic salt
<b>Sugar, Granulated</b>	For 1 cup, substitute 1 cup packed brown sugar, 1 ¼ cup powdered sugar, ¾ cup maple syrup and reduce liquid in recipe by 3 Tbsp
<b>Sugar, Powdered</b>	1 cup granulated sugar in a blender
<b>Sun-dried Tomato</b>	For ¼ cup, substitute ¼ cup raw tomato, chopped
<b>Taco Seasoning</b>	For 2 Tbsp, combine 1 Tbsp chili powder, ¼ tsp garlic powder, ¼ tsp onion powder, ¼ tsp crushed red pepper flakes, ¼ tsp dried oregano, ½ tsp paprika, 1 ½ tsp ground cumin, 1 tsp salt and 1 tsp black pepper and mix well.

<b>Tarragon</b>	Chervil, dash fennel seed, or dash anise seed
<b>Thai Seasoning</b>	For 1 Tbsp, mix 1 tsp ground coriander, 1 tsp crushed red pepper, ¼ tsp salt, ¼ tsp ground ginger, ¼ tsp garlic powder, and ¼ tsp onion powder
<b>Thyme</b>	Basil, marjoram, oregano, or savory
<b>Tomato Juice</b>	For 1 cup, substitute ½ cup tomato sauce plus ½ cup water
<b>Tomato Sauce</b>	For 2 cups, substitute ¾ cup tomato paste plus 1 cup water
<b>Vanilla</b>	For 2 Tbsp, substitute 1 whole vanilla bean in its place
<b>Vanilla Beans</b>	For 1, substitute 2 Tbsp vanilla extract in its place
<b>Vegetable Oil</b>	For baking, substitute up to half of called-for vegetable oil with applesauce, mashed banana, mashed pumpkin For baking, substitute equal parts melted butter For frying, substitute equal parts lard, tallow or coconut oil
<b>Vinegar, Balsamic</b>	For 1 Tbsp, substitute 1 Tbsp cider vinegar or red wine vinegar plus ½ tsp sugar
<b>Vinegar, White</b>	For 1 tsp, substitute 1 tsp lemon/lime juice or 2 tsp white wine or pickle juice
<b>Wine, Red</b>	For 1 cup, substitute 1 cup beef or chicken broth or cranberry juice in savory recipes or 1 cup cranberry juice in desserts
<b>Wine, White</b>	For 1 cup, substitute 1 cup chicken broth in savory recipes or 1 cup apple juice or white grape juice in desserts
<b>Whipping Cream</b>	For 1 cup, substitute 2 cups whipped dessert topping
<b>Yogurt, Fruit-flavor</b>	For 1 cup, substitute 1 cup plain low-fat yogurt with fresh fruit
<b>Plain Yogurt</b>	Equal amounts buttermilk or cottage cheese (blended smooth) or sour cream