

# Soup Maker's Reference: Ingredient Equivalents



## Onions

1 small onion = 1/2 cup chopped raw

1 medium onion = 1 cup chopped raw

1 large onion = 1-1/2 cup chopped raw

1 tablespoon dried minced onions = 1/4 cup minced fresh

2 tablespoons dried chopped onions = 1/2 cup chopped fresh

## Garlic

1/4 teaspoon granulated garlic = 1 clove fresh garlic

1/8 teaspoon garlic powder = 1/4 teaspoon granulated garlic

## Herbs

1 teaspoon dried herbs = 1 tablespoon fresh herbs

2 tablespoons dried leaf herbs = 1 tablespoon ground herbs

## Cheese

4 ounces Cheddar = 1 cup

1 pound Cheddar = 4 cups

3 ounces Parmesan = 1 cup grated

6 ounces Feta = 1 cup

(Source: [www.wisconsincheesetalk.com](http://www.wisconsincheesetalk.com))

## Cream

1 cup heavy cream = 1 cup evaporated milk (just soups/sauces)

## Beans and Lentils

1 pound dried beans = 2-1/2 cups dried = 6 cups cooked

1 pound dried lentils = 2-1/4 cups dried = 5 cups cooked