

Food Preparation

Substitutions for Common Ingredients



Before making a special trip to the grocery store for a missing recipe ingredient, check to see if there is a substitution.

Eggs

For every whole egg, substitute one of the following replacements in a baking recipe. Depending upon the recipe and the function of the egg, certain options are better suited than others, as the flavor and texture may be slightly altered.

Binding Substitutions

- 1 Tablespoon flax or chia seed + 3 Tablespoons water. Combine and let sit for 5 minutes.
- 1 package plain gelatin + 2 Tablespoons warm water. Do not mix until ready to use.

Leavening Substitutions

- 1 Tablespoon flax or chia seed + 3 Tablespoons water. Combine and let sit for 5 minutes.
- 1 package plain gelatin + 2 Tablespoons warm water. Do not mix until ready to use.
- 1- $\frac{1}{2}$ Tablespoons water + 1- $\frac{1}{2}$ Tablespoons oil + 1 teaspoon baking powder

Moisture Substitutions

- $\frac{1}{4}$ cup mashed banana, mashed avocado, applesauce, pumpkin puree, sweet potato, mashed beans or silken tofu
- 2 Tablespoons mayonnaise

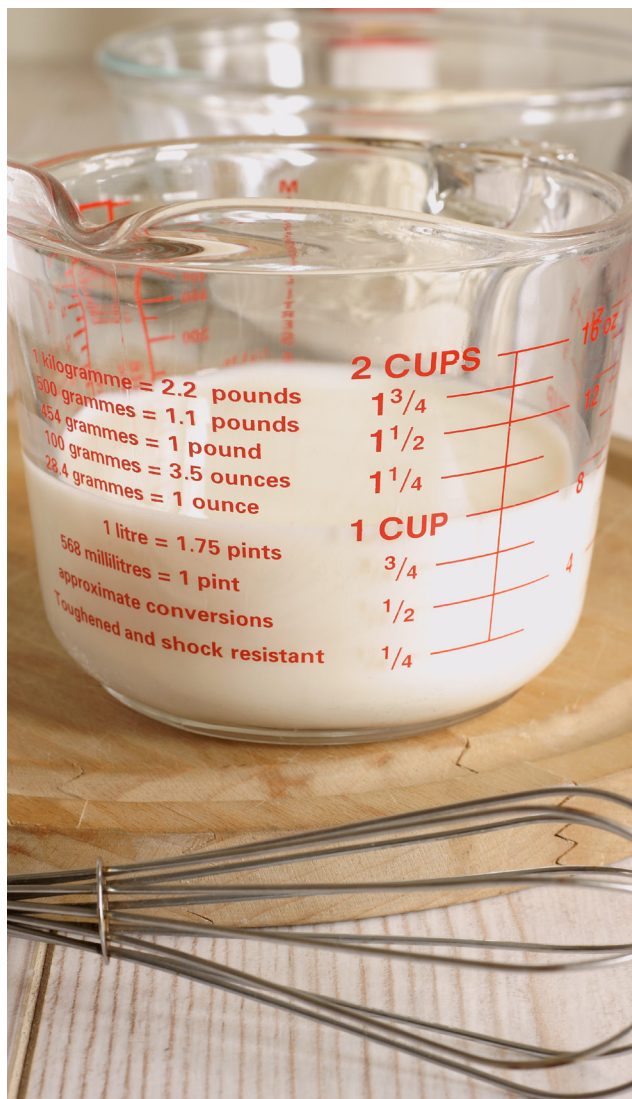
General Purpose Substitutions

- 2 egg whites
- $\frac{1}{4}$ cup commercial egg substitute

Meat

Save money and freezer space by using canned or plant-based protein options or by cutting the amount of fresh meat in half.

- Use beans, lentils, nuts or seeds, quinoa, tofu, and tempeh.
- Choose low-sodium canned meats, such as canned fish or chicken.
- Reduce meat by half; replace the remaining amount with beans or vegetables.



Milk or Buttermilk

Some substitutions for milk or buttermilk work well in cooking and baking but may not taste the same for drinking purposes. Substitute one of the following for 1 cup of milk or buttermilk:

- **Instant nonfat dry (powdered) milk:** 1 cup water + $\frac{1}{3}$ cup powdered milk
- **Non-instant, nonfat dry (powdered) milk:** 1 cup water + 3 Tablespoons powdered milk
- **Evaporated milk:** $\frac{1}{2}$ cup water + $\frac{1}{2}$ cup evaporated milk
- **Buttermilk:** 1 Tablespoon lemon juice or vinegar + enough regular milk to make 1 cup. Let sit 5 minutes.



Condiments

Use the following recommendations to substitute for 1 cup of common condiments:

Mayonnaise Substitution

- 1 cup sour cream
- 1 cup plain regular yogurt or Greek yogurt
- 1 cup cottage cheese puréed in a blender
- 1 cup sour cream

Ketchup Substitution

- 1 cup tomato sauce + ½ cup sugar + 2 Tablespoons vinegar

Barbeque Sauce Substitution

- ¾ cup ketchup + 2 Tablespoons mustard + 2 Tablespoons brown sugar

Fresh Produce

Stock up on canned and frozen fruits and vegetables when fresh produce is not available.

- **Fruit:** Canned fruit packed in 100% fruit juice or water or unsweetened frozen fruit
- **Vegetables:** Canned, no-added-salt or low sodium vegetables, drained and rinsed; frozen vegetables without seasonings or sauces

Other Items

- **Baking Powder (Double Acting):** 1 teaspoon = ¼ teaspoon baking soda + ⅝ teaspoon cream of tartar
- **Cornstarch for Thickening:** 1 Tablespoon = 2 Tablespoons all-purpose flour
- **Cream of Tartar:** ½ teaspoon = 1-½ teaspoons lemon juice or vinegar
- **Half and Half:** 1 cup = 1 cup evaporated milk, undiluted
- **Heavy Whipping Cream for Baking (will not whip):** 1 cup = ⅓ cup butter + ¾ cup milk

References

- [Basic Ingredient Substitutions](#), University of Nebraska Extension
- [Ingredient Substitutions](#), Colorado State University Extension

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