Cooking with Orions MEASUREMENT CHEAT SHEET

HELPING YOU SUBSTITUTE FOR WHEN YOU DON'T HAVE WHAT THE RECIPE CALLS FOR.













1 SMALL ONION

1/3 CUP DICED ONIONS

1 TBSP DRIED **ONION FLAKES**

1 TSP ONION **POWDER**



1 MEDIUM ONION



1 CUP DICED

ONIONS



1/4 CUP DRIED **ONION FLAKES**



1 TBSP ONION **POWDER**



1 LARGE ONION



1 1/2 CUP **DICED ONIONS**



1/2 CUP DRIED **ONION FLAKES**



1 1/2 TBSP **ONION POWDER**

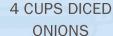


4 MEDIUM ONIONS



1 POUND OF ONIONS







3 CUPS SLICED ONIONS

Cooking Good Things WITH PERI & SONS FARMS

