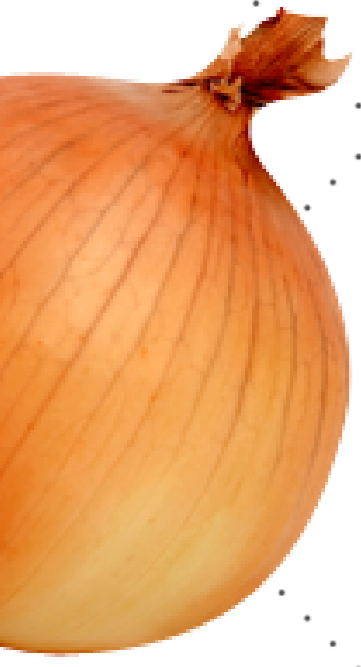


dried vs. fresh vs. powdered



onions

1 small onion

=

1 tbsp of onion flakes

=

1.5 tsp of onion powder



garlic

1 garlic clove

=

1/2 tsp of minced garlic

=

1/8 tsp of garlic powder

Make sure your
chili powder is just
chiles!

Err on the side of less.
You can always add
more later!



chiles

1 tbsp of dried herb

=

1.5 tbsp of fresh herb



herbs

substitutions