

14 Ingredient Substitutions to Save Money

| Instead of this: | Use this: | Why it works: |
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| Boneless thighs or breasts | Bone-in chicken thighs | Cheaper per pound and more flavorful when cooked on the bone |
| Chicken breasts | Whole chicken | Cook once, use for multiple meals, and make broth from the bones |
| Ground beef, turkey, or chicken | Beans or lentils (partial or full) | Much cheaper than meat and work well in tacos, chili, and sauces |
| Pork bacon | Turkey bacon | Lower cost and calories; great for topping or mixing into dishes |
| Boneless steak cuts | Bone-in steak (e.g., T-bone) | Retains moisture, adds flavor, and bones can be reused for broth |
| Fresh herbs | Dried herbs | Lower cost per use and longer shelf life |
| Shallots, leeks, or green onions | White or yellow onions | Similar flavor, much more affordable |
| Breadcrumbs | Crushed Saltines | Cheaper and you get more volume per package |
| White wine | Chicken broth | Less expensive and adds savory depth to sauces and marinades |
| Store-bought buttermilk | DIY buttermilk | Easy DIY using milk and vinegar; reduces need for single-use items |
| Pre-shredded cheese | Block cheese (grated at home) | Better flavor, melts more smoothly, and less expensive per ounce |
| Ricotta cheese | Cottage cheese | Lower cost and can be blended smooth for same texture |
| Maple syrup | Powdered sugar | Cheaper sweetener option for pancakes and breakfast foods |
| Store-bought powdered sugar | Homemade powdered sugar | Made by blending granulated sugar; saves money, especially for frequent bakers |