



RECIPE

AMOUNT

PUREES PER AMOUNT

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(for Chipotle, Jalapeño,
Cayenne Pepper Purees)

(for Orange / Red Habanero,
Ghost Pepper Purees)

Condiments/ Dressing

(Ketchup, Mayo, Ranch)

1 Cup

1 Tablespoon

1 1/2 Teaspoons

Sauces

(Buffalo, Spaghetti, Pizza)

1 Cup

1 - 1 1/2 Tablespoons

1 Teaspoon

Salsa/ Queso

1 Cup

1 - 1 1/2 Tablespoons

1 Teaspoon

Ground Meat/ Sausage

1 Pound

1 Tablespoon

1 Teaspoon

Sides

(Mac N' Cheese, Cole Slaw,
Potato Salad, Hummus, Etc)

1 Cup

2 - 2 1/2 Teaspoons

3/4 Teaspoon

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