

# Holiday cooking for a crowd: How much should you make?

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How much food to make for five or twenty-five people can seem like a complicated mathematical equation. But it doesn't have to be. Put your calculators away and use these easy tips and charts!

## General Tips:

- **Meat:** plan on three ounces per person. For a whole turkey purchase one pound for each person, more if you like leftovers. If you're feeding 12 people purchase a 12 pound bird. For meat with few bones plan on four ounce raw for each person. A five pound roast should feed 20 people.
- **Starchy side dishes and casseroles:** a 9 X 13 pan makes about 12 one cup servings. A 2 quart casserole will make 6 to 8 cups. A typical serving size for potatoes, stuffing, and yams is 1 cup. However, if you are having more than four sides most people will only eat 1/2 cup.
- **Vegetables and salads:** plan on 1/2 cup per person. A 2-quart bowl will serve 12-16 people. For raw vegetables plan 3-4 pieces for each person. For example 3-4 carrot sticks.
- **Beverages:** Glasses can range in size from 12 to 16 ounces. Plan on at least 1-1/2 cups of beverage for each person and always have plenty of water available. If you're serving heavy beverages such as eggnog you can reduce the serving size to 1 cup.

Food	Serving Size	Amounts to Serve		
		6	12	25
Turkey	3-4 oz	6 lbs	12 lbs	25 lbs
Beef Roast, cured ham roast, lamb roast	3 oz.	2 1/2 lbs	5 lbs	10 lbs
Chicken with bones	4 oz	3-4 lbs	7-8 lbs	15 lbs
Chicken without bones	3 oz	1-2 lbs	3 lbs	6-7 lbs
Cranberries for sauce	1/4 cup	1/2 lb	1 lb	2 lbs
Green beans, corn, and peas frozen	1/2 cup	1/2 -1 lb	1 1/2 -2lbs	3-4 lbs
Asparagus, Broccoli, Brussels sprouts, carrots, cauliflower, and spinach frozen	1/2 cup	1 lb	2 1/2 lbs	5 lbs

Vegetable salads	1 cup	4-6 cups	2-3 qts	1-1/2 gal
Mashed potatoes	1/2 cup	1-2 lbs	3-4 lbs	7-1/2 lbs
Sweet potatoes (to candy)	4 oz	2 lbs	5 lbs	10 lbs
Gravy	3-4 Tbs	2 cups	3-4 cups	6-8 cups
Rolls	1 roll	8 rolls	16 rolls	2-1/2 doz
Butter	1 Tbsp.	6 Tbsp.	3/4 cup	3/4 lb
Honey	2 Tbs	1 cup	2 cups	4 cups
Jam or jelly	1 Tbs	6 oz	3/4 lb	1-1/2 lbs
Pies	1/6 pie	1-2 pies	2-3 pies	4-5 pies
Cream or custard for pies	3 cups/pie	3-6 cups	6-9 cups	3-4 qts
Fruit for pies	One pie 6 cuts	2 lbs	4 lbs	7 1/2 lbs
Ice Cream	1/3 cup	1 qt	2 qts	1 gal
Whipping Cream (to whip)	2 T.	6 Tbs.	3/4 cup	1-1/2 cups
Hot Chocolate, Eggnog, juice, and punch	6 oz	1-1/2 qts	3/4 gal	1-1/2 gal
Ice (for water glasses)		1-1/2 lbs	2-3 lbs	5-6 lbs

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