How to get individual serving sizes by weight:

If you are making a casserole or a one pot dish and would like to know how to get the individual serving size in weight this is how:

1. Using grams, ounces, etc. on a food scale, weigh the pan/pot/dish that you'll be cooking your meal in prior to adding your food into it. Write this number down!!!
2. Add food into the dish and cook your meal.
3. Once food is done cooking, weigh your dish containing the food and subtract the weight of the dish itself (number you wrote down from step one).
4. Divide that number (entire meal - dish weight) by the number of servings the recipe calls for or by the number of servings you wish to get out of the recipe.
5. This number will be your individual serving size weight in grams, ounces, or whatever value you decided to use in step one (entire meal – dish weight / total recipe servings = individual serving size weight).
6. Do not stress or overthink about possibly getting one extra grain or rice or one extra bean or so on!!!