

# More-with-Less Cookbook

anniversary edition

suggestions by Monmoniste  
on how to eat better  
and consume less  
of the world's  
limited food resources



Doris Janzen Longacre

**More-with-Less**

Doris Janzen Longacre

# The More Or Less Cookbooks

**Doris Janzen Longacre, Mennonite  
Central Committee**



## **The More Or Less Cookbooks:**

**More-with-Less Cookbook** Doris Janzen Longacre, 2003-09-26 This is a new edition of Herald Press's all time best selling cookbook helping thousands of families establish a climate of joy and concern for others at mealtime The late author's introductory chapters have been edited and revised for today's cooks Statistics and nutritional information have been updated to reflect current American and Canadian eating habits health issues and diet guidelines The new U S food chart My Plate was slipped in at the last minute and placed alongside Canada's Food Guide But the message has changed little from the one that Doris Janzen Longacre promoted in 1976 when the first edition of this cookbook was released In many ways she was ahead of her time in advocating for people to eat more whole grains and more vegetables and fruits with less meat saturated fat and sugars This book is part of the World Community Cookbook series that is published in cooperation with Mennonite Central Committee a worldwide ministry of relief development and peace Mennonites are widely recognized as good cooks But Mennonites are also a people who care about the world's hungry Doris Janzen Longacre *More for Less Cookbook* Simon Holst, 2002-10 A collection of three of the Holst's most popular books Best Mince Recipes Sausage Book and Soup Book This Collector's Edition will show you how to create delicious and affordable meals the whole family will enjoy

More-with-Less Doris Janzen Longacre, 2016-09-27 How we cook can change the world With one small idea a movement was born The essential cookbook of simple eating and Christian compassion More with Less has given generations of cooks basic healthy recipes that are gentle on the budget and mindful of those who are hungry This 40th anniversary edition preserves hundreds of timeless recipes and tips from Doris Janzen Longacre's bestselling cookbook and offers updates by award winning food writer Rachel Marie Stone If you own just one cookbook More with Less is the one Serve your household nourishing meals and inspiring stories about sharing resources and living with less Join a community that is cooking with a conscience The World Community Cookbook series benefits the work of Mennonite Central Committee a worldwide ministry of relief development and peace Nearly one million copies sold Simple Wholesome Generous Faithful Key features of the 40th Anniversary edition include Classic recipes with tips for contemporary cooks Colorful photographs throughout New recipes featuring fresh healthy ingredients Updated nutritional information and cooking techniques Inspiring stories of living joyfully and simply Recipe labels on vegetarian and gluten free dishes

**Eating Like a Mennonite** Marlene Epp, 2023-09-08 Mennonites are often associated with food both by outsiders and by Mennonites themselves Eating in abundance eating together preserving food and preparing so called traditional foods are just some of the connections mentioned in cookbooks food advertising memoirs and everyday food talk Yet since Mennonites are found around the world from Europe to Canada to Mexico from Paraguay to India to the Democratic Republic of the Congo what can it mean to eat like one In *Eating Like a Mennonite* Marlene Epp finds that the answer depends on the eater on their ancestral history current home gender socio economic position family traditions and personal tastes Originating in central Europe in the sixteenth century Mennonites

migrated around the world even as their religious teachings historically emphasized their separateness from others The idea of Mennonite food became a way of maintaining community identity even as unfamiliar environments obliged Mennonites to borrow and learn from their neighbours Looking at Mennonites past and present Epp shows that foodstuffs cuisine and foodways practices depend on historical and cultural context She explores how diets have evolved as a result of migration settlement and mission how food and gender identities relate to both power and fear how cookbooks and recipes are full of social meaning how experiences and memories of food scarcity shape identity and how food is an expression of religious beliefs as a symbol in ritual and in acts of charity From zwieback to tamales and from sauerkraut to spring rolls Eating Like a Mennonite reveals food as a complex ingredient in ethnic religious and personal identities with the ability to create both bonds and boundaries between people *Edible Histories, Cultural Politics* Franca Iacovetta, Valerie J. Korinek, Marlene Epp, 2012-11-07 Just as the Canada s rich past resists any singular narrative there is no such thing as a singular Canadian food tradition This new book explores Canada s diverse food cultures and the varied relationships that Canadians have had historically with food practices in the context of community region nation and beyond Based on findings from menus cookbooks government documents advertisements media sources oral histories memoirs and archival collections Edible Histories offers a veritable feast of original research on Canada s food history and its relationship to culture and politics This exciting collection explores a wide variety of topics including urban restaurant culture ethnic cuisines and the controversial history of margarine in Canada It also covers a broad time span from early contact between European settlers and First Nations through the end of the twentieth century Edible Histories intertwines information of Canada s foodways the practices and traditions associated with food and food preparation and stories of immigration politics gender economics science medicine and religion Sophisticated culturally sensitive and accessible Edible Histories will appeal to students historians and foodies alike *More with Less* Jodi Moreno, 2018-04-24 2019 James Beard Award Nominee Health Special Diets A sophisticated yet simple take on cooking with whole foods filled with creative combinations that use fewer ingredients to elevate everyday fare into something extraordinary This is not your average healthy cookbook This is slow food fast This is high impact flavor in ten ingredients or less This is clean eating for the modern palate and schedule This is food you want to eat Think of the recipes as simple equations Using a few ingredients easy preparations homemade condiments author Jodi Moreno gives you the tools you need to create complex flavors with little effort This food is perfect for a busy day but sophisticated enough to share With foolproof recipes like Coconut Ginger Turmeric Oats Honey Roasted Nectarines Kale Pine Nut Oat Croutons Harissa Coconut Milk Delicata Squash Lentils Salmon Broccoli Spicy Ginger Sesame Mustard Apple Miso Date Crisp Elegant delicious nourishing This is More with Less **The More [... Or Less Cookbooks]** Hammermill Paper Company. Lock Haven Division, 1969 **The Mennonite Quarterly Review** ,2010 **The New Abs Diet Cookbook** David Zinczenko, Jeff Csatri, 2010-12-21 A delicious follow up to the groundbreaking The Abs Diet this cookbook delivers

more than 200 healthy mouthwatering breakfasts lunches dinners snacks desserts and outdoor grill favorites Each recipe incorporates one or more of the Abs Diet Power 12 Foods such as almonds spinach turkey and olive oil that are scientifically proven to burn fat and build muscle The meals in this book take the guesswork out of weight loss and make calorie counting unnecessary For beginners and seasoned cooks alike this selection of classic and innovative meals such as Fig and Prosciutto Tortilla Bites Walk the Plank Grilled Salmon with Grilled Pineapple and Blackberry Parfait Martinis makes losing weight and eating healthier both easy and delicious Special features include speedy meals that take under five minutes to prepare a beginner s guide to food prep basics and The New Abs Diet Cheat Sheet and Portion Distortion Decoder Based on cutting edge nutrition research on how to prevent high cholesterol diabetes and heart disease with tasty healthy foods The New Abs Diet Cookbook is the perfect weight loss guide for anyone who despises dieting and loves eating **The Spelt Cookbook** Helga Hughes,1995-05-01 The story of spelt goes back over 9 000 years but only recently has this marvelous little grain s unique nutlike taste been rediscovered Spelt makes the perfect ingredient for breads cakes cereals side dishes and it is a gluten free nutrient rich alternative to wheat In The Spelt Cookbook Helga Hughes shares an exciting collection of over 175 easy to prepare recipes that marry the rich taste of golden spelt with a variety of fresh and flavorful ingredients including Old World Buttermilk Waffles White Bean Chili with Elbows and Hazelnut Granola Whether you are looking for a wheat alternative or simply want to mix up your mealtime routine The Spelt Cookbook is the only guide you ll need to the delicious world of spelt cookery *The Ann Arbor Cookbook* ,1899 **The Baker's Dozen Cookbook** The Baker's Dozen,2001-11-06 America s leading bakers share secrets of creating flawless treats with a collection of recipes for muffins cakes custards tarts cookies and pies [The Essential Instant Pot Cookbook](#) Coco Morante,2017-08-29 Authorized by Instant Pot and filled with beautiful photographs and more than 75 simple well tested comfort food recipes this indispensable book is the ultimate collection of delicious weekday meals The best selling Instant Pot has been a runaway hit with an almost cultlike following and users who swear by it But finding delicious well tested weekday friendly recipes that are both inspiring and trustworthy has proven difficult until now The Essential Instant Pot Cookbook covers each meal of the day offering plenty of tried and true classic recipes such as spicy beef and bean chili a whole roasted chicken with mushroom sauce and decadent New York cheesecake alongside a hearty array of contemporary meals such as Greek style Gigantes beans with fresh feta braised pork loin with balsamic vinegar and caramelized onions buttery cauliflower mashed potatoes pork adobo and more Whether you re looking to expand your pressure cooker recipe repertoire or seeking the ultimate gift for the Instant Pot aficionado this is the book to have **Hippie Food** Jonathan Kauffman,2018-01-23 An outstanding food and cultural history details how the concept of health food evolved and inspired the food co ops and whole food stores of today Publishers Weekly starred review Food writer Jonathan Kauffman journeys back more than half a century to the 1960s and 1970s to tell the story of how a coterie of unusual men and women embraced an alternative lifestyle that would ultimately

change how modern Americans eat Impeccably researched Hippy Food chronicles how the longhairs revolutionaries and back to the landers rejected the square establishment of President Richard Nixon s America and turned to a more idealistic and wholesome communal way of life and food From the mystical rock and roll cult known as the Source Family and its legendary vegetarian restaurant in Hollywood to the Diggers brown bread in the Summer of Love to the rise of the co op and the origins of the organic food craze Kauffman reveals how today s whole foods staples including sprouts tofu yogurt brown rice and whole grain bread were introduced and eventually became part of our diets From coast to coast through Oregon Texas Tennessee Minnesota Michigan Massachusetts and Vermont Kauffman tracks hippie food s journey from niche oddity to cuisine that hit every corner of this country An astute highly informative food expose that educates without bias Kirkus Reviews Alongside playful prose the great joy of Hippy Food is its rich cast of characters Wall Street Journal Fascinating NPR s The Salt Briskly entertaining I thought I knew this story but Kauffman has added a lot to it in the way of both fresh information and narrative verve Michael Pollan for the New York Times *More-with-less Cookbook* Doris Janzen Longacre, Mennonite Central Committee, 1977 Betty Crocker Christmas Cookbook Betty Crocker, 2017-10-03 Betty Crocker updates a beloved classic with more than 200 recipes and 125 photos that showcase the best of the Christmas season From new cookies and cocktails to fresh ideas for main dishes appetizers and gifts from the kitchen this is the one stop book for every cook Christmas brings out the cook in everyone whether you are making appetizers and drinks for casual entertaining a show stopper meal for family food gifts for friends or special cakes and desserts that only come out once a year In this delightful seasonal cookbook Betty Crocker combines comforting tradition with new ideas from simple Sugar Cookies and Roast Turkey with Thyme to Roasted Brined Duck with Chipotle Glaze and Holiday Aloo Gobi In addition there are helpful make ahead tips and special features to add to your holiday cheer Learn how to set up a home bar and make an Elf Tini how to host a fondue party fun ways to wrap and give cookies how to create new Christmas traditions and more This enticing compendium will be a go to cookbook year after year proving that while Christmas is busy it can also be delicious fun *The Publishers Weekly*, 1972 *Molly Gavin's Own Cookbook*, 1927 *The Practical Cookbook* Margaret W. Howard, 1917 *American Family Home Cookbook* Culinary Arts Institute, Culinary Arts Institute Staff, 1986

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