

More-with-Less Cookbook

anniversary edition

suggestions by Mennonites
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 Longacre



The More Or Less Cookbooks:

More-with-Less Cookbook Doris 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-with-Less** Doris 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 **Mennonites and Media: Mentioned in It, Maligned by It, and Makers of It** Steven P. Carpenter, 2014-12-31 Anabaptists and Mennonites have often been the subject of media scrutiny sometimes admired at other times maligned Luther called them schwarmar a German word meaning fanatics that alludes to a swarm of bees In contrast American independent film producer John Sayles drew inspiration from Mennonite conscientious objectors for his 1987 award winning film Matewan Voltaire's Candide features a virtuous Anabaptist Oscar Wilde's play The Importance of Being Earnest contains an Anabaptist reference An Anabaptist chaplain is central to Joseph Heller's antiwar classic Catch 22 President Lincoln and General Stonewall Jackson both had something to say about Mennonites Garrison Keillor tells Mennonite jokes These are just a few of the dozens of fascinating media references dating from the early 1500s through the present which are chronicled and analyzed here Mennonites although often considered media shy have in fact

used media to great advantage in shaping their faith and identity Beginning with the Martyrs Mirror this book examines the writings of Mennonite authors John Howard Yoder Donald Kraybill Rudy Wiebe Rhoda Janzen and Malcolm Gladwell Citing books film art theater and Ngram the online culturomic tool developed by Harvard University and Google the author demonstrates that Mennonites punch above their weight class in the media and especially in print 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 **The More [... Or Less Cookbooks]** Hammermill Paper Company. Lock Haven

Division,1969 *The Short Stack Cookbook* Nick Fauchald,Kaitlyn Goalen,2016-10-18 An artful collection of 150 new original recipes organized by ingredient from trusted culinary pros The emphasis is on ease The Washington Post This down to earth collection features 150 new original recipes organized by ingredient from IACP and James Beard Award winning cookbook authors chefs food writers recipe testers and editors The ethos behind Short Stack Editions is simple Pair honest common ingredients with trusted voices in the culinary world for inspired recipes home cooks can actually use And for their first cookbook Short Stack founders Nick Fauchald and Kaitlyn Goalen call upon their acclaimed contributors to extend their love letters to favorite ingredients Exclusively created for this cookbook these recipes from all star chefs food writers editors and stylists are destined to become favorites Organized by 18 ingredients including Apples Bacon Brussels Sprouts Butter Cheddar Eggs Tomatoes Greek Yogurt Honey Hot Chile Peppers Kale Lemons Sourdough Whole Chicken and Winter Squash The Short Stack Cookbook takes readers though staples found in the kitchen and presents new ways to cook with everyday items Contributors include Virginia Willis author of Bon App tit Y all Sara Jenkins chef restaurateur and cookbook author Ian Knauer IACP nominee and editor at Food Wine Soa Davies producer of Eric Ripert s cookbook On the Line and TV show Avec Eric Susan Spungen founding food editor for Martha Stewart Living Angie Mosier food stylist photographer and writer for Food Wine and the New York Times Rebekah Peppler writer and food stylist Alison Roman BuzzFeed food editor Sarah Baird writer and culinary anthropologist Julia Sherman artist photographer writer and editor of Salad for President Michael Harlan Turkell award winning photographer Julia Turshen cookbook author Megan Scott recipe developer Tyler Kord chef owner of the No 7 group Paul Grimes food stylist Beth Lipton food director for Health magazine [The HALOS711 Twinflames Family Cookbook](#) ,2012 Best Selling Authors Sandye M Roberts and Arthur L Jones III are back The writers of the popular Divine Intervention Non fiction series of books proudly introduce to you The Halos711 Twinflames Family Cookbook This complete cookbook is a large collection of recipes covering many types of cuisines from cajun to soul food to breakfast foods and everything in between We are certain that you will love The Halos711 Twinflames Family Cookbook and all the wonderful memories it is sure to manifest in your home and in your kitchens [The Biggest Loser Quick & Easy Cookbook](#) Devin Alexander,Biggest Loser Experts and Cast,2011-11-08 The first cookbook in the bestselling Biggest Loser series to focus on fast simple meals that you can eat on the go The Biggest Loser Quick include five 20 minute workouts with tips on how to burn the most calories in the least amount of time offer healthy cooking and baking tips and techniques as well as shopping lists and pantry basics and as always will feature tips from the trainers and contestants on time saving techniques for fitting healthy meals into busy schedules The 75 quick and easy recipes will include such categories as breakfast on the double speedy soups and sandwiches throw together salads and sides mains in minutes lickety split sweet bites and more Sample recipes include Asparagus Chicken Apple Sausage Scramble Sausage Feta Pepper Breakfast Bake Blanca Arugula Pizza Monkey Trail Mix Caprese Burger Cold Dumpling Salad Garlic Herb Mac Cheese Spicy Cayenne Corn on the Cob Coffee

Crusted Chopped Steak Philly Cheese Steak Pizza Crispy Pesto Cod Meyer Lemon Seared Scallops Chocolate Raspberry Dreamers Honey Nut Apple Butter Rice Cakes **The Runner's Cookbook** Anita Bean, 2017-12-28 More than 100 tempting recipes to fuel your running Whether you're training for a marathon a half marathon an ultra distance event or just looking to improve your parkrun time what you eat makes all the difference This is the ultimate nutrition guide and cookbook for runners packed with easy delicious recipes and practical eating advice on how to prepare for 5k 10k half marathons marathons and ultra races Find out what to eat before during and after your running sessions to get the most out of your training with additional guidance on hydration supplements and how to optimise recovery from injury Enjoy more than 100 easy to prepare recipes including breakfasts salads main meals vegetarian main meals desserts and snacks all nutritionally balanced to help you go the extra mile and achieve your running goals **The Ultimate Instant Pot Healthy Cookbook** Coco Morante, 2019-10-15 From breakfast to dinner this enticing and extensive collection of 150 healthy favorites for the Instant Pot is a beautifully photographed one stop source for mouthwatering weekday meals The Ultimate Instant Pot Healthy Cookbook sets itself apart from other less comprehensive books with 150 nutritious recipes covering every meal of the day all well tested and authorized by Instant Pot for perfect results every time Instant Pot expert Coco Morante lightens up traditional favorites with nutrient rich recipes made with whole foods natural sweeteners and gluten and dairy free options while retaining the ease of preparation and deliciously home cooked flavors that make the Instant Pot so popular This is the only book you'll need when looking for wholesome breakfasts lunches dinner snacks staples and desserts the whole family will love from Quinoa Muesli Bowls to Tomatillo Chicken Chili to Seafood Risotto to Greek Yogurt Cheesecake With this ultimate cookbook eating well has never been so simple Everyday Healthy Cookbook Dana Jacobi, 2020-07-07 For those seeking dietary changes but not a complete diet overhaul Everyday Healthy Cookbook gives home cooks the tools to navigate healthy eating with more than 100 fresh and nutrient rich recipes that feature whole foods and great flavor Providing recipes for a nourishing diet that includes breakfasts sides lean protein and vegetable forward entrees grains and even desserts Everyday Healthy Cookbook serves as an informative guide to those seeking to change enhance or better understand their nutrition and incorporate healthy eating habits into daily meals Featuring flavorful twists on recipes like Seared Cauliflower Steaks with Olive Caper Gremolata and Mustard Dill Turkey Burgers Everyday Healthy also provides nutritious no fuss classics such as Loaded Avocado Toast and Coconut Macarons Without having to invest in cookbooks promoting specific diets home cooks can create a wide range of dishes that allows them to take charge of their diet in a way that works for their lifestyle *Forks Over Knives—The Cookbook* Del Sroufe, 2012-08-14 New York Times Bestseller A whole foods plant based diet that has never been easier or tastier learn to cook the Forks Over Knives way with more than 300 recipes for every day Forks Over Knives the book the film the movement is back again in a cookbook The secret is out If you want to lose weight lower your cholesterol avoid cancer and prevent or even reverse type 2 diabetes and heart disease

the right food is your best medicine Thousands of people have cut out meat dairy and oils and seen amazing results If you re among them or you d like to be you need this cookbook Del Sroufe the man behind some of the mouthwatering meals in the landmark documentary proves that the Forks Over Knives philosophy is not about what you can t eat but what you can Chef Del and his collaborators Julieanna Hever Judy Micklewright Darshana Thacker and Isa Chandra Moskowitz transform wholesome fruits vegetables grains and legumes into hundreds of recipes classic and unexpected globally and seasonally inspired and for every meal of the day all through the year Breakfast Very Berry Smoothie Breakfast Quinoa with Apple Compote Salads Soups and Stews Kale Salad with Maple Mustard Dressing Lotsa Vegetable Chowder Lucky Black Eyed Pea Stew Pasta and Noodle Dishes Mushroom Stroganoff Stir Fried Noodles with Spring Vegetables Stir Fried Grilled and Hashed Vegetables Grilled Eggplant Steaks Baked and Stuffed Vegetables Millet Stuffed Chard Rolls The Amazing Bean White Beans and Escarole with Parsnips Great Grains Polenta Pizza with Tomatoes and Basil Desserts Apricot Fig Squares Bursting with Berries Cobbler and much more Simple affordable and delicious the recipes in Forks Over Knives The Cookbook put the power of real healthy food in your hands Start cooking the plant based way today it could save your life

The Diabetes Cookbook DK,2010-07-19 Featuring more than 250 delicious recipes for lunch dinner and healthy snacks The Diabetes Cookbook is guaranteed to tempt taste buds and contribute to the health and well being of everyone with diabetes For readers who like to be prescribed exactly what to eat the two four week meal plans A New Way of Eating and The Sustainable Weight Loss Plan suggest what to prepare for breakfast lunch dinner and snacks for a healthy balanced diet GI charts and lists of Appetizing Alternatives complete the volume giving those affected by Type 2 Diabetes a cookbook that promises eating can continue to be one of life s great pleasures as well as the most important part of a treatment plan

The Everything Mediterranean Slow Cooker Cookbook Brooke Mclay,Launie Kettler,2014-07-15 Easy make ahead meals for a healthier lifestyle The benefits of a Mediterranean diet fresh vegetables and fruits whole grains seafood and lean meats nuts and olive oil are well known People who live in the region have the lowest rates of chronic diseases and one of the highest life expectancies in the world Inside are 300 recipes that combine the vibrant flavor of Mediterranean ingredients with the ease and convenience of slow cooking You ll find mouthwatering dishes such as Parmesan olive focaccia Black and white bean dip Citrusy and sticky honey wings Apricot stuffed pork tenderloin Mussels marinara Lobster risotto Vegetable and chickpea stew with lemony couscous Challah bread pudding With recipes for everything from filling breakfasts to special occasion dinners you ll find all you need to effortlessly incorporate this healthy lifestyle into your busy weekday life **The Essential Diabetes Instant Pot Cookbook** Coco Morante,2020-01-07 A collection of 70 simple tasty recipes for diabetics prediabetics and people with PCOS that make eating balanced meals a snap with the incredibly popular electric pressure cooker the Instant Pot The Essential Diabetes Instant Pot Cookbook will help you find joy in the kitchen Ashley Klees Registered Dietician Certified Diabetes Educator Instant Pot guru Coco Morante presents seventy recipes for breakfast lunch

dinner and dessert that prove you don't have to sacrifice flavor to eat well. With hearty nutrient dense dishes like Grain Free Apple Cinnamon Cake Coddled Huevos Rancheros and Shepherd's Pie with Cauliflower Carrot Mash every recipe is authorized by Instant Pot, vetted by endocrinologist Dr. Jessica Castle and based on Morante's personal experience cooking for insulin related conditions. With balanced meals that make feeding the whole family a snap, this cookbook is a life saver for those with diabetes, those with insulin resistance issues such as prediabetes and PCOS, and home cooks who want to take back their health.

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 Vegan Instant Pot Cookbook Coco Morante, 2019-02-26 This enticing collection of more than 75 easy, inventive, well tested vegan recipes for the incredibly popular electric pressure cooker, the Instant Pot, is the go to source for mouthwatering plant based weekday meals. The best selling Instant Pot makes cooking delicious meals a snap. But finding vegan recipes that are both inspiring and trustworthy has proven difficult until now. The Essential Vegan Instant Pot Cookbook presents a collection of quick and easy vegan recipes that cover each meal of the day, offering tried and true dishes with a modern twist such as Black Bean Tamale Casserole, Root Vegetable Tagine with Couscous, African Peanut Stew, Jerk Tofu Wraps, and more. And best of all, they're all well tested and authorized by Instant Pot. With beautiful photography and an attractive package, this book is an indulgence for home cooks who live a plant based lifestyle, as well as healthy eaters looking to incorporate more meatless Mondays into their week.

Anthony Bourdain's Les Halles Cookbook Anthony Bourdain, 2018-12-04 Bestselling author, TV host, and chef Anthony Bourdain reveals the hearty delicious recipes of Les Halles, the classic New York City French bistro where he got his start. Before stunning the world with his bestselling *Kitchen Confidential*, Anthony Bourdain, host of the celebrated TV shows *Parts Unknown* and *No Reservations*, spent years serving some of the best French brasserie food in New York. With its no nonsense, down to earth atmosphere, Les Halles matched Bourdain's style perfectly, a restaurant where you can dress down, talk loudly, drink a little too much wine, and have a good time with friends. Now Bourdain brings you his *Les Halles Cookbook*, a cookbook like no other, candid, funny, audacious, full of his signature charm and bravado. Bourdain teaches you everything you need to know to prepare classic French bistro fare. While you're being guided in simple steps through recipes like roasted veal short ribs and steak frites, escargots aux noix, and foie gras au pruneaux, you'll feel like he's in the kitchen beside you, reeling off a few insults when you've scorched the sauce, and then patting you on the back for finally getting the steak tartare right. As practical as it is entertaining, Anthony Bourdain's *Les Halles Cookbook* is a can't miss treat for cookbook lovers, aspiring chefs, and Bourdain fans everywhere.

Acid Reflux Diet & Cookbook For Dummies Patricia Raymond, Michelle Beaver, 2014-09-02 Get rid of GERD for good. Is your heartburn making you dread meal times? No matter how delicious a feast is before you, the prospect of that burning pain, nausea, and even vomiting can be enough to make you turn away. Heartburn is a symptom of Gastroesophageal Reflux Disease, commonly called acid reflux, and the pain is caused by

stomach acid damaging the tissue in your esophagus It's more than a minor annoyance GERD is a precursor to esophageal cancer and it affects over 50 million Americans There are medications to treat GERD but what most sufferers don't realize is that a few simple lifestyle changes can help your medication work better or get you off medications completely Acid Reflux Diet Cookbook for Dummies is your roadmap to ending GERD for good In it you'll find lifestyle and diet modifications that prevent symptoms from occurring in the first place as well as explanations about the mechanism of the condition and how and why these modifications help The book contains over 70 practical recipes plus tips on navigating grocery stores restaurant menus and the holiday season You'll gain valuable insight on the small easy changes that can make a big difference and get answers to questions like Is your posture and sleep position working against you Can chewing gum really help or hurt What supplements may work just as well or better than prescriptions How does eating more often help prevent symptoms Whether you've tried every treatment available and still haven't found relief or are hoping to avoid prescription medication completely Acid Reflux Diet Cookbook for Dummies is a clear comprehensive guide to getting rid of GERD

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