

Chapter 1 : NPR Choice page

*More-with-Less Cookbook (World Community Cookbook) [LONGACRE DORIS] on racedaydvl.com *FREE* shipping on qualifying offers. 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.*

And years later, the message is still relevant. The recipes are good ones, too. A good cookbook never hides on the shelf. The More-With-Less Cookbook This cookbook has sold over , copies with users scattered across the country. Not bad for a cookbook. A 40th anniversary edition release is planned for September 27, personal communication. The cookbook was published in the by the Mennonite Central Committee. This very pro-active protestant domination is greatly concerned with issues of world peace and justice. The recipes and introduction were edited by Doris Janzen Longacre resulting in a well-planned cookbook which has become the standard in many homes reaching far beyond the Mennonite denomination. Incidentally, this follows current recommendations for consuming a healthy diet. It was my first introduction to this concept, making a lasting impression on me. The idea of limiting animal productsâ€”which are higher on the food chainâ€”remains relevant today. Who uses the cookbook? Searching for granola and zucchini recipes lead me to this cookbook and began my curiosity. My daughter was home to Louisiana from college on her summer break. My mother apparently gave copies to all my brothers, too. I asked them to see if they could locate their copiesâ€”a challenge. For interest, I asked a Mennonite friend to query her Facebook list to see if her contacts use the cookbook. What recipes do you like? Where did you get the cookbook? I found users from the East Coast: Here are their responses with photos: I believe I got mine as a High School graduation gift. I am on my second copy of the original More With Less. My first copy sort of fell apart. My most-used recipes are for oatmeal bread, split pea soup, honey baked chicken, Pakistani Kima. I apologized that it was not a typical Easter meal and maybe one they were not used to. Mine was a wedding gift marked with favorites of the giver! I see most of the stains on the curry pages pages: It became a staple in our household. Extending the Table tends to be more authentic. I do not remember when I got it but my copy was from the 24th printing, October which made , copies in print. One of my favorites is the Minute Minestrone soup on page I am always on the lookout for quick and easy recipes, and the TS the cookbook uses makes these easy to spot. I use this recipe as a starting point and add variations of things to give a slightly different soup each time. These include vegetables like carrots, celery, or zucchini which are stir fried a few minutes before adding. Also sometimes I add frozen peas or green beans and occasionally leftover cooked rice or pasta noodles. Probably the crunchy granola, or the sweet and sour pork. Mom could write a whole append to this cookbook. I also cooked some of the zucchini recipes. The recipes for zucchini and egg combinations sounded interesting â€”and were delicious. Zucchini Egg Foo Yung.

Chapter 2 : Recipes for revolution: The More-with-Less cookbook

Browse and save recipes from More-with-Less Cookbook: Recipes and Suggestions by Mennonites on How to Eat Better and Consume Less of the World's Limited Food Resources to your own online collection at racedaydvl.com

Dec 7, issue In the long before that camp counselor made me think differently about my dinner Doris Janzen Longacre began a food revolution of her own. Longacre a home economist who had served a Mennonite relief and development organization in Vietnam and Indonesia had a clearer, nobler motivation. She was trying to change the world. It began, the story goes, with a conversation around a picnic table. What if they compiled some recipes that could help? Longacre issued an invitation to Mennonites appealing to their ideals of simplicity and service to submit their favorite simple recipes. One wonders now how she did this with no social media to spread the word, no Google Forms to collect the submissions. With its recipes for simple, affordable, nutritious meals, and its commitment to addressing world hunger, the cookbook has been a favorite on kitchen shelves for more than a generation. They are a delight to read. Simple paperback format would obviously be least expensive but personally I do not enjoy at all using paperback cookbooks. They never stay open. Hopefully some kind of binding which makes the book usable and lasting could be found. She achieved this goal too: The 40th anniversary edition lacks this feature; in any case, it is a tad too beautiful to imagine spilling soup on. It is the simplest option on the list, and the one that stuck. The subtitle, however, has changed over the years. That combination of bold vision we could have an impact on the world! The cookbook was a constant, steady call to action for responsible eating, long before it was cool. Throughout the book runs a deep commitment to Christian ideas of hospitality, stewardship, gratitude, and justice. The call to respond to the food crisis comes from a conviction that we are connected to our global neighbors. Justice requires us to pay attention to how our actions impact others with whom we share this planet. Food especially good, nutritious food is a gift to be grateful for and to be used wisely. Longacre understood that there is something deeply good and faithful about breaking bread with other people, be it simple dinners on ordinary evenings or grand festivities on special occasions. Recipes have also been updated to reflect changes in the science of food. For instance, many of the original recipes called for margarine, which was then thought to be not just cheaper but also healthier than butter. Many markets now accept public food assistance benefits as payment a step in the right direction but shopping there still requires transportation and a flexible schedule. People who live in food deserts often have little choice but to buy processed food from convenience stores processed food made cheaper by federal subsidies for corn and soy but not produce. It is perhaps a bit much to ask a cookbook to promote political advocacy, and the anniversary edition acknowledges that such issues are beyond its scope. Our lives have certainly not gotten simpler since then. Even our efforts at simple eating are complicated. The idea was good cooking seasonally but the recipes were so complicated, with such obscure ingredients, that I never attempted any of them. But what would she think about services like Blue Apron and Hello Fresh, which deliver meals whole, healthy ingredients ready to be cooked, shipped in an overabundance of packing material to your door? What would she think about Whole 30 or paleo or low-carb diets? And what would she think about the obesity epidemic in our country, a problem caused not by too little food but by lack of access to fresh, healthy meals? Christian discipleship now calls us to turn around. It is rarely a onetime event; it is a lifetime of learning and practice. My own food revolutions have landed me here: I remain haunted by those stats about resource use, and I lost my taste for it over years of vegetarianism. I do eat chicken or fish a few times a week. I try to buy sustainably raised poultry and seafood when I can find them, but this holds its own complications what do all those terms mean? Can I trust the labels? To be clear, I also eat far too much sugar, and my family sometimes resorts to fast food for dinner. One of the kids asked about it, and after we said grace I told them about Doris Longacre and her collection of recipes. We happened to be eating a generally more-with-less meal lentil soup, cheese slices, fruit and I pointed this out. We talked about the suggestions Longacre makes in the book: This led to a good conversation about processed food, and we named some obvious ones: But then we had to admit that the pretzels and crackers that are staples in our cupboards are processed, too. Thanks for the suggestions, Mrs.

Chapter 3 : Is "More With Less" Enough? | Humanum Review

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.

Mar 08, Laura rated it it was amazing I have been really fed-up with cookbooks lately - they have these beautiful, lavish recipes So when I saw this book and read a little about it, I wanted it. So I went into this prepared for the simple ingredients and back-to-basics cooking I love that most all? I have been really fed-up with cookbooks lately - they have these beautiful, lavish recipes And they cook with whole grains and natural ingredients, which is a direction I am moving towards. I just baked the oatmeal muffins, and even though I overworked the dough, they came out really delicious and were as simple as the recipe said they would be, and made only 12 - which is perfect since I cook for just me. All with ingredients I already had! I do have one note: Just move past things like that. For me, it put a name to the thoughts I was already having about American consumption. It was a little hard to follow and connect-the-dots It actually made me do a little research on Mennonite beliefs The book was a big help to me because it presented scrumptious, healthy recipes that fit into our budget. I wanted to see what changes they had made. This book was first published in , and yet it fits in so well with the inf I have an earlier, spiral-bound edition of this book that I purchased over ten years ago. This book was first published in , and yet it fits in so well with the information about food choices that is always coming out. The author, a socially, conscious Mennonite, was concerned about eating healthier, wasting food and using up less of our worlds resources. The book contains recipes for your meatless Mondays and even ideas of what to do with leftovers. You can probably shave quite a bit of money off your food budget, if you are using up what is in your fridge instead of routinely throwing everything away. This is a book that you will use for as long as you cook. And hopefully then pass it on to your child. I highly recommend it. Your purchase also benefits Mennonite Central Committee, a worldwide ministry of relief, development, and peacebuilding. The gentle simplicity of the recipes had me realizing that I could enjoy cooking again, without concentrating on complicated ingredients or recipes. This book was written before most of the allergy craze, and it shows all the more clearly how it is become more of a fad than a need. I am aware of many true allergies to food, but also see how in our country, it has become a This is more than a cookbook, but a book on the culture of nutrition and doing more with less in our families eating habits. I am aware of many true allergies to food, but also see how in our country, it has become a first world need to have so many varied and different food "needs". I found myself fascinated how many things have changed, but at the same time, the needs and focus needs to remain the same. If we can be satisfied with simple food, even for hosting gatherings, it could be much more simple. Some of my favorites from this book still are the Coconut Custard pie, ethnic recipes, and granola.

Chapter 4 : Slash Prices on More-with-Less Cookbook (World Community Cookbook)

With a comb binding allowing it to be laid out flat for cooking convenience, Doris Longacre's More-With-Less Cookbook is a showcase of Mennonite recipes for eating better while consuming less of the world's limited food resources.

The More-with-Less Cookbook and its sequel Living More with Less, both by Doris Janzen Longacre, are early contributions to what would come to be known as the green movement. Each book seeks to address the question of how a Christian can live out the Gospel integrally in affluent Western societies when so many in the world are suffering deprivations of basic necessities. More-with-Less has been enormously popular and influential, well beyond the confines of the Mennonite denomination. Both books resonate strongly with many who have a sense of malaise in the face of an increasingly technological society, the lack of meaning, and global injustices. When taking up either of these two books people might think that they have opened an interesting organic cookbook or an exhortation about living more simply and naturally. In addition to political and economic calls-to-action, well beyond the change of personal cooking and eating habits, it is clear that we are dealing with nothing less than a theology. A leap from the five standards to a theology is really a small step. More-with-less theology gives special attention to the ways that economic patterns and systems help or hurt this response to God and all that is around us. It is an excellent resource that could be a substantial addition to any household. We are on our third copy. The book deals with the major food categories: For instance, in the chapter on Meats and Fish, we are encouraged to use less meat by learning to combine smaller quantities of meat with tasteful vegetables. It points out that North Americans over-eat protein and that we can easily get our protein from non-animal sources. These section-introductions are both practical and challenging to commonly held assumptions. In addition, time-saving recipes are clearly marked for busy cooks. Finally, the back index is excellent, enabling one to find recipes easily. We were thrilled at the help this book gave us in the early years of our marriage—particularly as it helped us not only have good, healthy meals, but also eat more economically. Using More-with-Less, we had a sense that we were regaining some control over our relationship with food, and the global environment. Wishing, above all, to address world food shortages, the book lists overpopulation among the three major contributing factors. There are a total of 12 female and 12 male field workers. Family planning service delivery continues to be a major part of the project. Oral contraceptives, Emko foam and condoms are delivered to clients at home. Depo-Provera injections are provided at subcenters and mobile clinics. IUDs are inserted at subcenters. The embrace of contraception by the author can be found more explicitly in her second book where she brings forward two personal witnesses. The first significantly reduces openness to procreation: Years ago I wanted to have four of my own [children]. But because ours is a different world from that of our parents, my wife and I decided to stop at two. Since our Christian ideas call us to share equally, our decisions concerning the size of our families are important. Barb and I decided to adopt children rather than have a biological family. In our world of limited resources, many children exist who are receiving inadequate care—we believe that having biological children would betray homeless children worldwide. We do not feel all should agree with us. Thus, while More-with-Less does provide challenging commentary on how we think about food and eating, and the use and distribution of resources, one has to wonder why there is such a rigorous embrace of principles that contradict the reverence for the life and the created natural order that Mennonites claim to serve. LMWL sees the interconnection between all people living on the earth—this, of course necessitates a moral response, especially from those living in the West. However, it is also clear that this is not enough. And it is clear that for Longacre the desired political change is meant to come from the West, on the assumption that the problems being addressed have been wrought by the West. That feat takes wisdom worth learning about. Nor does it take into account the fundamental problems in other countries, such as religious and political tensions, lack of hygiene and medicine, etc. Such a critique of American culture needs to be more nuanced and root evils examined along with the positive contributions. The contrast Longacre makes here is between nurture and exploitation. The criticism which is rightly made by LMWL is that instead of working with nature, we have sought to dominate and exploit it. This is good advice. As with the other standards, the call to non-conformity is an important and

indeed prophetic challenge that needs to be heeded. However, as with the other standards, the critical question becomes what principles inform the contents of this standard. What are the criteria for non-conformity? Its promotion of sterilization and pharmaceutical birth control is hardly countercultural! Conclusion As a family, we have used the More-with-Less Cookbook for years. A number of its recipes are part of our family culture. Shoo-fly pie is incredible! We have composted for years, have a small garden, made and used cloth diapers for all of our children. My wife has made our own jam, ground wheat berries to make flour to make our own bread. I have done the house carpentry and repairs since we were married, etc. We think such practical things work with the nature God has given us and therefore must be good for both us and for the world. Our family has benefited, therefore, from much of the more-with-less philosophy, including its ideas for living simply, saving energy, and, of course, growing and making food. For this I am thankful. But there are underlying currentsâ€”not always explicitâ€”which appear to come from worldviews antithetical to the Biblical one the authors purport to have, the one which assumes competing spheres natural and human, and which is driven more by emergenciesâ€”real and perceivedâ€”than by a correct relation to nature, both human and non-human. When the proper relation of man to nature is no longer the criterion of stewardship, then stewardship itself becomes a form of mastery. These two books taken together could almost have been a prophetic challenge to our society. But unfortunately at critical points they simply buy into the zeitgeist of modernity. The cookbook More-with-Less does this much less so and by itself is worthwhile to have as a food preparation resource on many levels. Living-More-with-Less, while providing five excellent and indeed prophetic standards of living as developed by Longacre, unfortunately becomes entangled uncritically with modern ideologies. While there is much good in these books, there is also much which only echoes the value of a fallen world, at times pitting itself against life and the created order. These books are full of many witnesses, but about what are they ultimately witnesses of? I would propose that our great need to-day is a return to the Biblical basis of all genuine stewardship: Congdon Foundation, Milan-Washington www.congdon.org.

Chapter 5 : More with Less Cookbook | eBay

The idea behind the More-with-Less cookbook is conservation and elimination of food waste. In America particularly, many go hungry while vast amounts of food are thrown away. At the same time, many of the so called "convenience" items from the grocery save little time and eat away at food budgets.

Chapter 6 : Eating Responsibly: The "More-with-Less Cookbook" | beyondgumbo

A Mennonite introduced me to More-With-Less: A World Community Cookbook 20 years ago or more. First published in , this cookbook authored by a socially conscious Mennonite, is being reissued this year.

Chapter 7 : More With Less Cookbook Recipes | SparkRecipes

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.

Chapter 8 : More-With-Less Cookbook by Doris Janzen Longacre

Find great deals on eBay for more with less cookbook. Shop with confidence.

Chapter 9 : 22 best More With Less Cookbook images on Pinterest | Community cookbook, Biscotti and Bi

The More-with-Less Cookbook is a cookbook commissioned by Mennonite Central Committee in with the goal of "helping Christians respond in a caring-sharing way in a world with limited food resources" and "to challenge North Americans to consume less so others could eat enough".