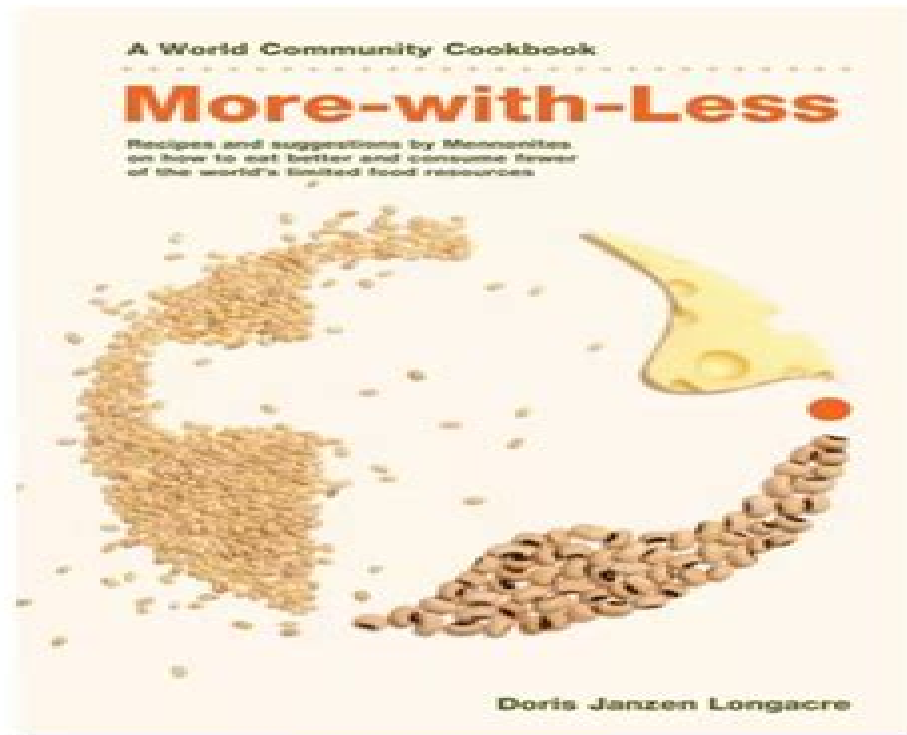


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More With Less Cookbook Recipes

Michael Brown



More With Less Cookbook Recipes:

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 [More-with-less Cookbook](#) Doris Janzen Longacre, Mennonite Central Committee, 1977 *More-With-Less Cookbook* Doris Janzen Longacre, 1977-01 **More-with-Less Cookbook (a Forma** Lion Hudson plc, 1973-01-01 **Seeking Places of Peace** Royden Loewen, 2012-09-01 Perhaps the most inclusive sweeping and insightful history ever written about the North American Mennonite saga Both authors are eminent historians Royden Loewen is Professor of History with a chair in Mennonite Studies at the University of Winnipeg Steven M Nolt is Professor of History at Goshen IN College Both authors of this book bring to the task the insights of social history As such they focus on people in many geographical environments rather than on institutional development and theological controversy Readable understandable and incisive Appeals to all ages and all groups **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

Mothering Mennonite Buller Rachel Epp, 2013-05-01 *Mothering Mennonite* marks the first scholarly attempt to incorporate religious groundings in interpretations of motherhood The essays included here broaden our understanding of maternal identity as something not only constructed within the family and by society at large but also influenced significantly by historical traditions and contemporary belief systems of religious communities A multidisciplinary compilation of essays this volume joins narrative and scholarly voices to address both the roles of mothering in Mennonite contexts and the ways in which Mennonite mothering intersects with and is shaped by the world at large Contributors address cultural constructions of motherhood within ethnoreligious Mennonite communities examining mother daughter relationships and intergenerational influences analyzing visual and literary representations of Mennonite mothers challenging cultural constructions and expectations of motherhood and tracing the effects of specific religious and cultural contexts on mothering in North and South America

The Activist Impulse Jared S. Burkholder, David Cramer, 2012-04-04 Anabaptists have often felt suspicious of American evangelicalism and in turn evangelicals have found various reasons to dismiss the Anabaptist witness Yet at various points in the past as well as the present evangelicals and Anabaptists have found ample reason for conversation and much to appreciate about each other *The Activist Impulse* represents the first book length examination of the complex relationship between evangelicalism and Anabaptism in the past thirty years It brings established experts and new voices together in an effort to explore the historical and theological intersection of these two rich traditions Each of the essays provides fresh insight on at least one characteristic that both evangelicals and Anabaptists share an impulse to engage society through the pursuit of active Christian witness

Living More with Less, 30th

Anniversary Edition Doris Longacre, 2010-11-01 In 1980 before living simply and green became trendy and popular Doris Janzen Longacre author of the enormously popular *More with Less Cookbook* over 900 000 sold wrote *Living More with Less* a practical guide for living in simple sustainable and healthy ways ways that keep the future of the planet and the plight of poor people in mind Thirty years later *Living More with Less 30th Anniversary Edition* is being released as a way to celebrate and honor Longacre's foresight and vision and to pass on her vision for simple and sustainable living to a new generation Revised and updated by Valerie Weaver Zercher this 30th anniversary edition is true to author Doris spirit of living in ways that keeps poor people God's creation and each other in mind and is loaded with new and practical tips in areas such as money travel clothing housing celebrations and recreation *Living More with Less 30th Anniversary Edition* collects the wisdom and experience of those who live with less than a consumer culture says we need With stories reflections and advice from people around the world who are making changes to their daily habits in response to climate change and global poverty *Living More with Less 30th Anniversary Edition* is a vibrant collection of testimonies old and new of those who are discovering the joy of living with enough Valerie Weaver Zercher editor Check out the article *Living More with Less An Idea Whose Time Has Come Again* at Publishers Weekly Endorsements This book was decades ahead of its time and is just as relevant today as it was thirty years ago It is like a cookbook for life Shane Claiborne author of *The Irresistible Revolution* speaker and activist This message is even more important than it was thirty years ago Herein lies sound advice for living sensibly Bill McKibben author *Eaarth Making a Life on a Tough New Planet* This timely revised and updated edition is exceptionally wise urgently necessary for the sake of saving our planet pertinently and personally practical Who could not but rave about this book Marva Dawn author of *Unfettered Hope Being Well When We're Ill* and *Keeping the Sabbath Wholly* *Living More with Less* is about a way of living rooted in the Christian faith Our planet is groaning and we desperately need the kind of thoughtful essays and tips in this book to show us the way forward Ron Sider founder and president of Evangelicals for Social Action Read the complete list of endorsements Click here for more about *Living More with Less* including sample tips ideas additional resources and more Click here for more about Doris Janzen Longacre including poems journal entries her final sermon and more Free downloadable study guide available here

Moral Minority David R. Swartz, 2012-09-07 In 1973 nearly a decade before the height of the Moral Majority a group of progressive activists assembled in a Chicago YMCA to strategize about how to move the nation in a more evangelical direction through political action When they emerged the Washington Post predicted that the new evangelical left could shake both political and religious life in America The following decades proved the Post both right and wrong evangelical participation in the political sphere was intensifying but in the end it was the religious right not the left that built a viable movement and mobilized electorally How did the evangelical right gain a moral monopoly and why were evangelical progressives who had shown such promise left behind In *Moral Minority* the first comprehensive history of the evangelical left David R Swartz sets out to

answer these questions charting the rise decline and political legacy of this forgotten movement Though vibrant in the late nineteenth century progressive evangelicals were in eclipse following religious controversies of the early twentieth century only to reemerge in the 1960s and 1970s They stood for antiwar civil rights and anticonsumer principles even as they stressed doctrinal and sexual fidelity Politically progressive and theologically conservative the evangelical left was also remarkably diverse encompassing groups such as Sojourners InterVarsity Christian Fellowship Evangelicals for Social Action and the Association for Public Justice Swartz chronicles the efforts of evangelical progressives who expanded the concept of morality from the personal to the social and showed the way organizationally and through political activism to what would become the much larger and more influential evangelical right By the 1980s although they had witnessed the election of Jimmy Carter the nation's first born again president progressive evangelicals found themselves in the political wilderness riven by identity politics and alienated by a skeptical Democratic Party and a hostile religious right In the twenty first century evangelicals of nearly all political and denominational persuasions view social engagement as a fundamental responsibility of the faithful This most dramatic of transformations is an important legacy of the evangelical left

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

Edible Histories, Cultural Politics Franca Iacovetta, Valerie J. Korinek, Marlene Epp, 2012-01-01 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

Regional American Food Culture Lucy M.

Long,2009-10-13 Regional American food culture still exists and is strongest in more rural homogenous areas of the country Regional foods are a major component of regional identities and Americans make a big deal about their home grown favorites The current food cultures of the major American regions northeast New England the Mid Atlantic the South the West the Midwest and subregions are illuminated here like never before Everyone knows something about the iconic fare of a region such as Soul Food in the South and New England clam bakes but with this resource readers are able to delve wider and deeper into how Americans from Alaska to Hawaii to the Amish country of the Midwest to the Eastern Seaboard sustain themselves and what their food lifestyles are today The unique regional food cultures that have developed according to natural resources and population are increasingly affected by social and economic trends Increasingly mobile Americans generally have access to the same fast food and supermarket chain offerings read the same mass market food magazines and watch the cable food shows and younger generations may have less time to continue family food traditions such as baking the ethnic breads and desserts that their mothers did Regional American Food Culture discusses the various traditions within the context of a new millennium Narrative chapters describe the background of the regional food culture what the primary foods are how the food is cooked and by whom what the typical meals are how food is used in special occasions and diet and health issues in the regions A chronology resource guide selected bibliography and illustrations complement the text *History of Soybeans and Soyfoods in Southeast Asia (13th Century To 2010)* William Shurtleff, Akiko Aoyagi,2010-06 Covers Brunei Cambodia Indonesia Laos Malaysia Myanmar formerly Burma Philippines Singapore Thailand Timor Leste Vietnam

Daughters of Sarah ,1992 **Cutting Expenses & Getting More for Less** Anne Hart,2005-03-10 Cutting Expenses and Getting More for Less 41 Ways to Earn an Income from Opportune Living offers both practical steps and strategies on how to pay less for more benefits quality and comfort from the basic necessities and at the same time earn a living in 41 different services and businesses that offer others information or services on how to live better with fewer expenses higher quality and more benefits You get what you pay for Here s how to start cutting expenses finding hidden markets and getting higher quality items Find dozens of practical solutions emphasizing frugality thriftiness prudence results benefits advantages and income Show others how to get more by cutting unnecessary marked up and frivolous expenses Lower your cost of living with these practical strategies as you follow the how to solutions step by step for excellent results You ll learn how to do secret comparison shopping look for shelf pulls and other techniques of wholesalers to cut your own expenses and find higher quality Directions on how to open stay at home businesses emphasizing cutting expenses and using healthier ingredients include hidden target markets best locations and expected income Show others the prudent lifestyle how to cut expenses and increase quality or find healthier ingredients and products Live better by making your life easier to navigate Pay less using high quality highly focused comparison shopping If you want to make a living sharing the practical applications of living on less or getting what you pay for high quality bargain hunting or home made product tips your idea must have redemptive

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History of Tempeh and Tempeh Products (1815-2020) William Shurtleff; Akiko Aoyagi, 2020-03-22 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 234 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books

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