



More-with-Less Cookbook (World Community Cookbook)

Doris Janzen Longacre

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While including no new recipes, this most recent printing is refreshed with a new introduction and detailed statistics including updated nutritional and pricing information for a new generation.

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**

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As people who live in the particular modest era should be up-date about what going on or facts even knowledge to make these individuals keep up with the era that is certainly always change and make progress. Some of you maybe may update themselves by reading books. It is a good choice for yourself but the problems coming to an individual is you don't know what one you should start with. This More-with-Less Cookbook (World Community Cookbook) is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and want in this era.

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