

Published on *National Catholic Reporter* (<https://www.ncronline.org>)

January 6, 2011 at 3:26pm

Chop, fry boil: Eating for one or for six billion

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Eco Catholic

Learning a cooking repertoire of three basic recipes can get anyone into the kitchen and beyond the realm of takeout food, microwaved popcorn and bologna sandwiches in a few days.

"Chop, Fry, Boil: Eating for One, or 6 Billion" is the latest entry in the Sustainable Living series in the New York Times, outlining three basic cooking recipes that can provide the basis for sustainable eating in the home.

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