

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

Rich Heffern | Jan. 6, 2011 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](#) [1] 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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**Links:**

[1] <http://www.nytimes.com/2011/01/02/weekinreview/02bittman.html>