



# The Anarchist Cookbook

*Keith McHenry, Chaz Bufe*

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**From the cofounder of Food Not Bombs, an action-oriented guide to anarchism, social change, and vegan cooking**

Unlike the original *Anarchist Cookbook*, which contained instructions for the manufacture of explosives, this version is both a cookbook in the literal sense and also a “cookbook” of recipes for social and political change. The coffee-table-sized book is divided into three sections: a theoretical section explaining what anarchism is and what it isn’t; information on organizational principles and tactics for social and political change; and finally, numerous tasty vegan recipes from one of the cofounders of the international Food Not Bombs movement.

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