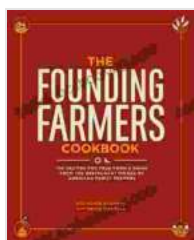


# 100 Recipes for True Food: A Culinary Journey from Our Family to Yours

Welcome to the world of True Food, where wholesome ingredients and vibrant flavors come together to create culinary magic. In this cookbook, we share 100 of our most beloved recipes, each one a testament to our passion for real, unprocessed food.



## The Founding Farmers Cookbook: 100 Recipes for True Food & Drink from the Restaurant Owned by American Family Farmers by Nevin Martell

★★★★☆ 4.6 out of 5

Language : English  
File size : 27197 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 302 pages



Our family-owned restaurant has been a labor of love for over a decade, and we're thrilled to finally bring our recipes into your kitchens. From our signature dishes to our hidden gems, this cookbook offers a diverse collection of plant-based, gluten-free, and paleo-friendly options, ensuring there's something for everyone at your table.

With vibrant photography that captures the beauty of our food and personal anecdotes that share the stories behind each recipe, 100 Recipes for True

Food is more than just a cookbook. It's an invitation to gather with loved ones, savor the simple pleasures of life, and nourish your body and soul.

## **Appetizers**

- Guacamole with Roasted Corn and Black Bean Salsa
- Edamame with Spicy Garlic-Ginger Glaze
- Bruschetta with Balsamic Roasted Vegetables

## **Salads**

- Quinoa Salad with Roasted Vegetables and Feta
- Kale Salad with Massaged Kale, Quinoa, and Avocado
- Taco Salad with Roasted Sweet Potatoes and Black Beans

## **Entrees**

- Chicken Stir-Fry with Brown Rice and Broccoli
- Salmon Tacos with Cilantro-Lime Slaw
- Lentil Soup with Roasted Vegetables
- Vegetarian Chili with Cornbread Croutons

## **Sides**

- Roasted Vegetables with Herbs and Olive Oil
- Mashed Sweet Potatoes with Cinnamon and Nutmeg
- Quinoa Pilaf with Almonds and Cranberries

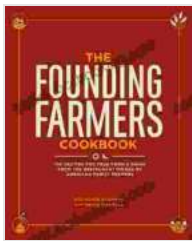
## **Desserts**

- Chocolate Avocado Pudding
- Banana Bread with Walnuts and Chocolate Chips
- Apple Pie with a Whole Wheat Crust

We hope you enjoy these recipes as much as we do. They are a testament to our belief that food should be delicious, nutritious, and accessible to all. Whether you're a seasoned chef or a beginner in the kitchen, we encourage you to experiment with these flavors and make them your own.

From our family to yours, happy cooking and happy eating!

Buy the Book



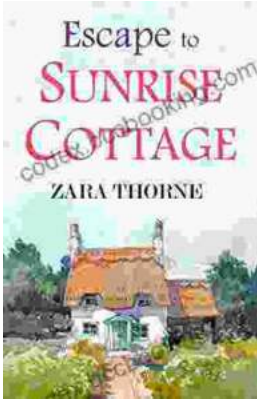
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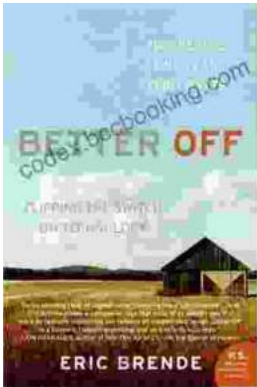
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