

# Feed the Resistance: Recipes and Ideas for Getting Involved

By J. Kenji López-Alt

In the face of a rising tide of intolerance and division, it's more important than ever to stand up for what we believe in. And one of the best ways to do that is to feed the resistance.

**Feed the Resistance** is a cookbook and guide to getting involved in the fight against injustice. It features recipes from chefs, activists, and everyday people who are using food to make a difference in the world.



## Feed the Resistance: Recipes + Ideas for Getting

**Involved** by Julia Turshen

★★★★☆ 4.6 out of 5

Language	: English
File size	: 3470 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 169 pages
Lending	: Enabled



Inside, you'll find:

- Over 100 recipes from chefs like José Andrés, Alice Waters, and Michael Ruhlman

- Essays from activists, organizers, and thought leaders
- Tips and resources for getting involved in the fight against injustice

**Feed the Resistance** is more than just a cookbook. It's a call to action. It's a reminder that we can't afford to sit on the sidelines while our country is being torn apart.

So get cooking, get involved, and let's feed the resistance together.

## Recipes

The recipes in **Feed the Resistance** are designed to be easy to make and delicious to eat. They're perfect for potlucks, fundraisers, and any other gathering where you want to show your support for the resistance.

Here are a few of our favorites:

- **José Andrés's Paella:** A classic Spanish dish that's perfect for a crowd.
- **Alice Waters's Roasted Chicken with Vegetables:** A simple but delicious dish that's perfect for a family meal.
- **Michael Ruhlman's Chili:** A hearty and flavorful chili that's perfect for a cold night.
- **Bryant Terry's Black-Eyed Pea Salad:** A refreshing and flavorful salad that's perfect for a summer gathering.
- **Gabrielle Hamilton's Panzanella:** A classic Italian salad that's perfect for a light lunch or dinner.

## Essays

In addition to recipes, **Feed the Resistance** also features essays from activists, organizers, and thought leaders. These essays provide a deeper look at the fight against injustice and offer inspiration for getting involved.

Here are a few of our favorites:

- **"The Power of Food" by José Andrés**
- **"The Fight for Food Justice" by Alice Waters**
- **"The Importance of Community" by Michael Ruhlman**
- **"The Power of Protest" by Bryant Terry**
- **"The Future of the Resistance" by Gabrielle Hamilton**

## Getting Involved

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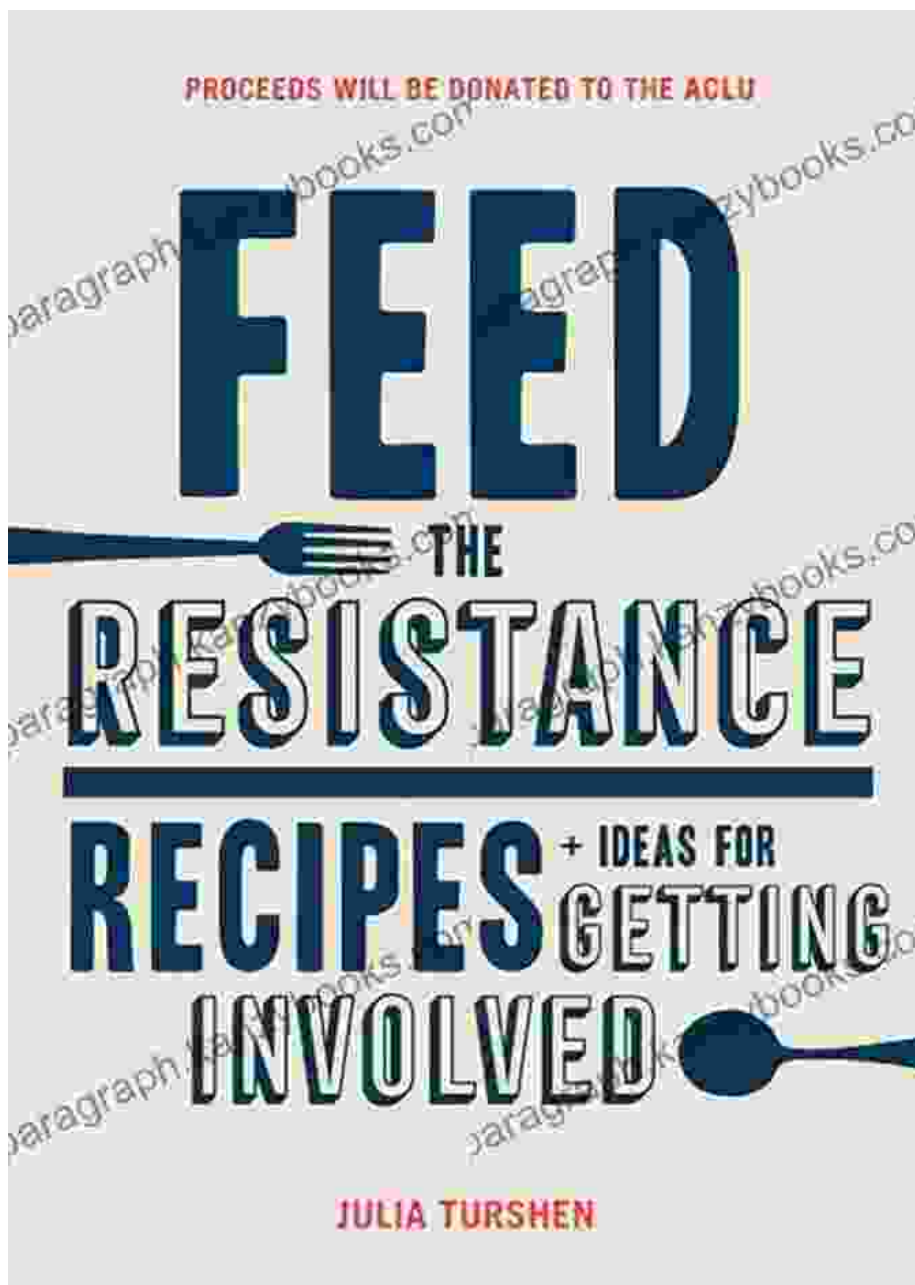
Here are a few ways to get involved:

- **Donate to organizations that are fighting for justice.**
- **Volunteer your time to help out at local events.**
- **Run for office.**
- **Educate yourself about the issues and talk to your friends and family about them.**
- **Never give up hope.**

Together, we can build a more just and equitable world. So get cooking, get involved, and let's feed the resistance.

**Free Download Your Copy Today**

**Feed the Resistance** is available now at all major bookstores. Free Download your copy today and help us feed the resistance.





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