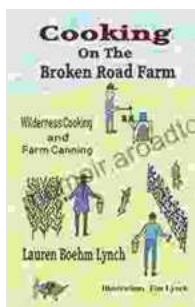


Cooking on the Broken Road Farm: A Culinary Journey of Self-Discovery and Resilience

In her memoir and cookbook, *Cooking on the Broken Road Farm*, farmer and chef Amy Thielen shares her inspiring story of finding solace and healing in the kitchen after a life-altering accident.



Cooking on the Broken Road Farm: Wilderness

Cooking and Farm Canning by Grizzly Publishing

★★★★☆ 4.3 out of 5

Language : English

File size : 3258 KB

Screen Reader : Supported

Print length : 40 pages

Lending : Enabled



Before the accident, Amy was a successful chef in New York City. But one fateful day, she was hit by a car while riding her bike. The accident left her with a broken body and a shattered spirit.

In the aftermath of the accident, Amy returned to her family's farm in Minnesota. There, she found solace in the simple tasks of cooking and gardening. With each meal she prepared, she began to heal both physically and emotionally.

The recipes in *Cooking on the Broken Road Farm* are inspired by the seasons and the farm's bounty. They are simple, yet flavorful, and they reflect Amy's deep connection to the land and to the food that she grows.

More than just a cookbook, *Cooking on the Broken Road Farm* is a testament to the power of food to connect us to ourselves, our community, and the natural world. It is a story of resilience, hope, and the healing power of human connection.

Here is a sample recipe from the book:

Roasted Root Vegetables

Ingredients:

- 1 pound carrots, peeled and cut into 1-inch pieces
- 1 pound parsnips, peeled and cut into 1-inch pieces
- 1 pound turnips, peeled and cut into 1-inch pieces
- 1/2 cup olive oil
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- Salt and pepper to taste

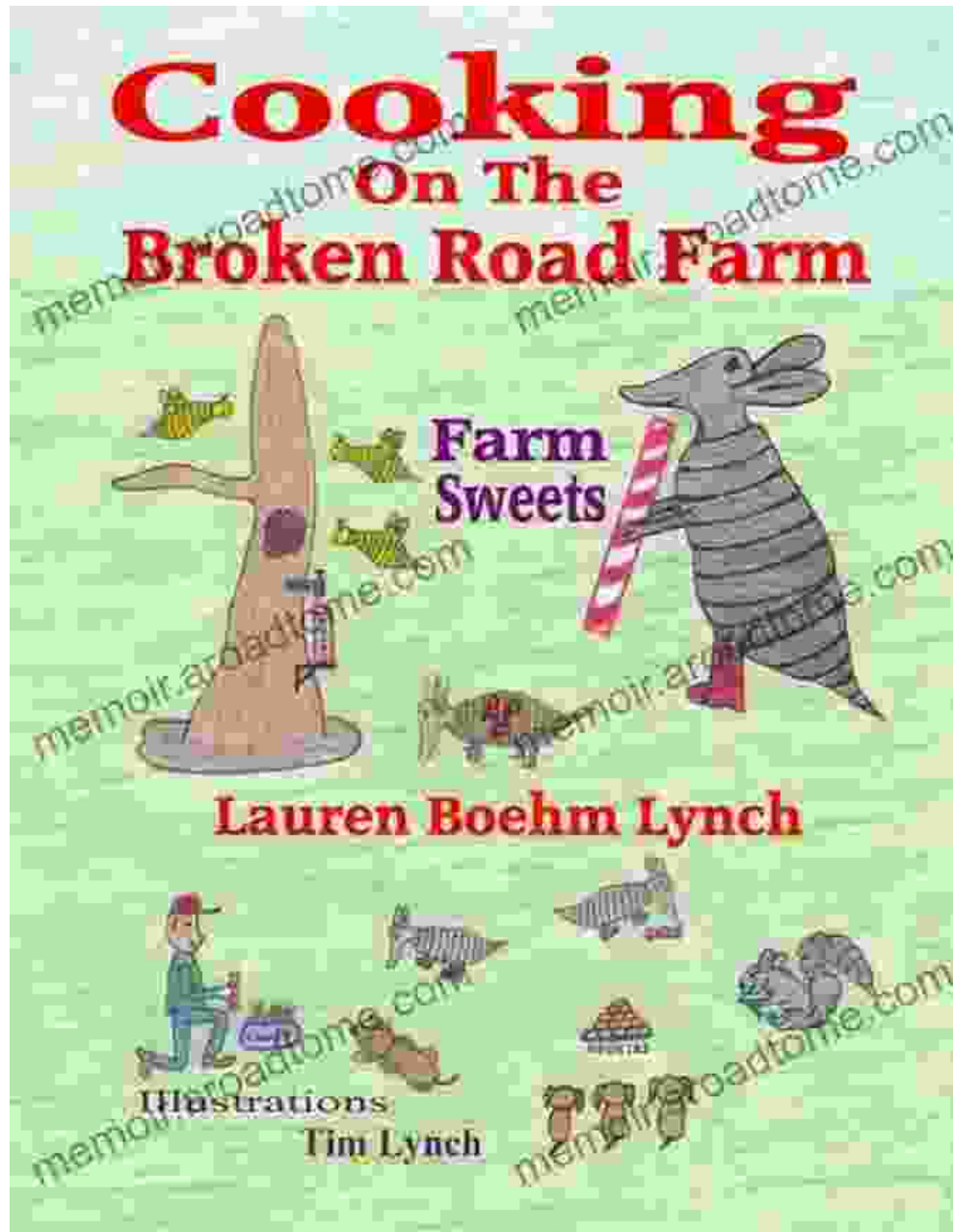
Instructions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Toss vegetables with olive oil, thyme, rosemary, salt, and pepper.
3. Spread vegetables on a baking sheet and roast for 25-30 minutes, or until tender and browned.

Enjoy!

Free Download your copy of Cooking on the Broken Road Farm today!

Available at all major bookstores and online retailers.

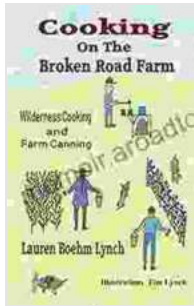


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