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Health And The Planet By Joy Manning;Tara Mataraza  
Desmond**

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to ourselves," write Joy Manning and Tara Mataraza Desmond. "Almost Meatless: Recipes that are Better for Your Health and the Planet" by Joy Manning and Tara

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Almost Meatless Sloppy Joes Recipe Lunch and Snacks, Main Dishes with olive oil, white onion, minced garlic, salt, ground black pepper, ground sirloin, grated carrot

### **The b4 (beef bulgur bean burger) - the denver post**

Adapted from "Almost Meatless: Recipes That Are Better for Your Health and the Planet," by Joy Manning and Tara Mataraza Desmond (Ten Speed Press). Serves 6.

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### **Tara mataraza desmond | linkedin**

Tara Mataraza Desmond is a writer, cookbook author, and recipe developer focused on food for health and wellness, pregnancy and parenthood. Her cookbook, Almost

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