



Soul Food Recipes (Paperback)

By Jackie Swansen

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. * The Ultimate Soul Food Recipe Guide * Soul food, put simply, is Southern food. Culinary speaking it s comprised of filling staples such as corn and beans and nutrition-packed vegetables that could be grown in a small garden plot, such as dark leafy greens, okra and sweet potatoes. Soul food is often calorie-dense and packed with nutrition. A soul food menu will usually consist of a protein centerpiece flanked by a variety of sides. We have collected the most delicious and best selling recipes from around the world. Enjoy! Enjoy Delicious Soul Food Recipes Today! Scroll Up Grab Your Copy NOW!.



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