



Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family

Alice Randall, Caroline Randall Williams

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A mother-daughter duo reclaims and redefines soul food by mining the traditions of four generations of black women and creating 80 healthy recipes to help everyone live longer and stronger.

In May 2012, bestselling author Alice Randall penned an op-ed in the *New York Times* titled “Black Women and Fat,” chronicling her quest to be “the last fat black woman” in her family. She turned to her daughter, Caroline Randall Williams, for help. Together they overhauled the way they cook and eat, translating recipes and traditions handed down by generations of black women into easy, affordable, and healthful—yet still indulgent—dishes, such as Peanut Chicken Stew, Red Bean and Brown Rice Creole Salad, Fiery Green Beans, and Sinless Sweet Potato Pie. *Soul Food Love* relates the authors’ fascinating family history (which mirrors that of much of black America in the twentieth century), explores the often fraught relationship African-American women have had with food, and forges a powerful new way forward that honors their cultural and culinary heritage. This is what the strong black kitchen looks like in the twenty-first century.

From the Hardcover edition.

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Timothy Holeman:

The reason why? Because this Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family is an unordinary book that the inside of the publication waiting for you to snap this but latter it will shock you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such awesome way makes the content interior easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have such as help improving your ability and your critical thinking approach. So , still want to postpone having that book? If I were you I will go to the reserve store hurriedly.

Amy Zambrano:

Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family can be one of your beginner books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to place every word into enjoyment arrangement in writing Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family although doesn't forget the main position, giving the reader the hottest as well as based confirm resource info that maybe you can be one among it. This great information can drawn you into completely new stage of crucial pondering.

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