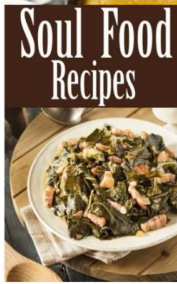


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### SOUL FOOD RECIPES (PAPERBACK)



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. Culinarly 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...

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- Authored by Jackie Swansen
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