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Rice Try this recipe when you've got a craving for old-fashioned soul

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EatingWell Hi, I'm Misha, welcome

to Soul Healthy Recipes! I am a

wife, a mother to the 3 boys and

love to dabble in a little bit of

everything. From food, to traveling,

playing games, music, listening to a

good book and everything in

between. I strive to continuously

find ways to grow, nurture others

and be my best self. Soul Healthy

Recipes - Soul based food with

mostly paleo ... In a large bowl, mix

the oregano, red pepper flakes,

garlic powder, salt, and nutmeg.

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Add the turkey and mix with a spatula or your hands. Slick a large skillet with the olive oil and heat it over... A Healthy Breakfast Casserole Recipe From 'Soul Food Love' 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 by Alice Randall, Caroline Randall Williams ... 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. NAACP

IMAGE AWARD WINNER • “Soul Food Love has preserved our traditions but reinvented how they’re prepared. Its focus on health is a godsend ... Soul Food Love: Healthy Recipes Inspired by One Hundred ... “Soul Food Love is a feast. Alice Randall and Caroline Randall Williams serve up morsels of flavor and love spanning three centuries, five kitchens, and six states. With tender, poetic memories, they lift the ancestors up, stirring cherished family recipes with ingredients for a healthier future.” Soul Food Love: Healthy Recipes Inspired by One Hundred ... Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family : A Cookbook: Randall, Alice, Williams, Caroline Randall: 9780804137935:

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Serves: 8. 2 large yellow onions,
chopped. $\frac{1}{4}$ cup grated peeled fresh
ginger. 2 tablespoons olive oil. 4
pounds carrots, roughly chopped.
 $1\frac{1}{2}$ quarts chicken broth.

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