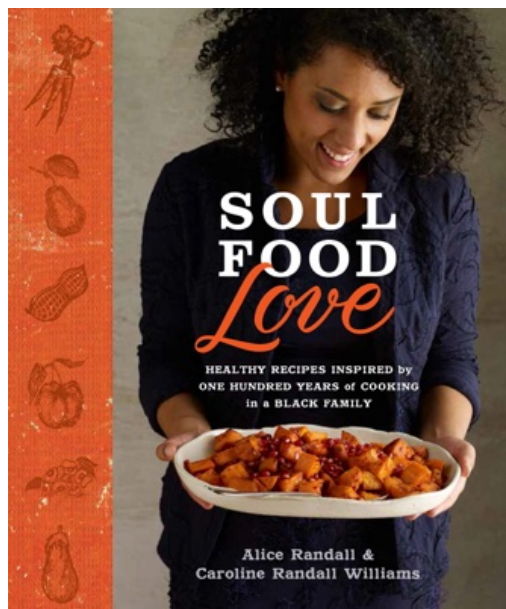


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NAACP Image Award Winner

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.

After 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.

Title	:	Soul Food Love
Author	:	Alice Randall & Caroline Randall Williams
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File Size	:	14.41MB

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