

# All About Soul Food

African American cuisine, better known as **Soul Food**, is rooted in West African cooking tradition and African American history and culture. Enslaved people blended farming, cooking, and preservation techniques from their own traditions with Indigenous and Western traditions to create many of the beloved Soul Food dishes we know today. **Soul Food can be part of a balanced diet and nourish the body and soul!**

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## Spotlight on: *Rice*

*Rice is a Soul Food staple! Many enslaved Africans were sought after for their knowledge and skills in rice cultivation. There are many popular rice-based Soul Food dishes: red beans and rice, jambalaya, hoppin' john, red rice. Rice dishes can be simple, affordable, one-pot meals!*

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## Key Soul Food Ingredients:

- Rice
- Corn
- Okra
- Greens
- Red beans
- Black-eyed peas
- Sweet potatoes
- Peaches
- Watermelon
- Fish
- Pork
- Chicken



*Soul Food has many tasty and nutritious ingredients. Collard, turnip, and mustard greens are rich in vitamins A, C, K, and folate. Sweet potatoes and black-eyed peas are great sources of fiber. Watermelon is delicious and full of disease-fighting nutrients!*

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## Spotlight on: *Potlikker*

*Potlikker (or pot liquor) is the nutrient rich broth left over from cooking greens. It contains Vitamin C and other beneficial nutrients. Eat with cornbread or use it as a broth in cooking!*

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