



# African Heritage Through Food - Soul Food



In American history, “soul” has been used as to describe Black culture in the southern states. As a result, Soul Food has a rich history of resilience. Enslaved people would use the cooking practices and specific ingredients that rooted in Africa as a way to protect their identity. Though it started in the deep south states, Soul Food became a source of pride for African Americans across the country.

## Ingredients Commonly Used in Cooking:

- Black eyed-peas
- Cantaloupe
- Collard greens
- Corn
- Eggplant
- Gherkin
- Green beans
- Green tomatoes
- Kola nuts
- Lima beans
- Mustard greens
- Okra
- Peaches
- Peanuts
- Pigeon peas
- Red beans
- Rice (varieties)
- Scotch bonnet pepper
- Sweet potatoes
- Watermelon
- Yams

## Seasonings Commonly Used in Cooking:

- Bay leaves
- Cayenne pepper
- Celery seed
- Chili powder
- Cumin
- Garlic
- Grains of Paradise (guinea pepper)
- Molasses
- Mustard powder
- Oregano
- Paprika
- Thyme
- Turmeric
- White pepper
- Worcestershire sauce

## Spice Blend Examples:

**Cajun seasoning** - cayenne pepper, smoked paprika, black pepper, dried thyme, garlic powder, salt

**Old Bay seasoning** - celery seed, smoked paprika, mustard powder, cayenne pepper, black pepper, white pepper, salt

## Traditional Dishes:

- Candied Yams
- Chitlins
- Dirty Rice
- Fried Catfish
- Fried Okra
- Gumbo
- Hoppin’ John
- Hot Water Cornbread
- Jambalaya
- Macaroni and Cheese
- Oxtails
- Peach Cobbler
- Stewed Collard Greens
- Stewed Okra and Tomatoes
- Shrimp and Grits

