

Michael Woodmansee List of sources and copyright

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- For pasta and meat sauce <https://www.allrecipes.com/video/3295/spaghetti-sauce-with-ground-beef/>
- For Gumbo <https://www.youtube.com/watch?v=76JXtB7JFQY&t=322s>

Recipe copyright

- For the dirty rice <https://spicysouthernkitchen.com/dirty-rice/>

Tips page copyright

- <https://themom100.com/2018/03/10-essential-cooking-methods-everyone-should-know/>