

## [VEGAN SOUL KITCHEN](#)



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Vegan Soul Kitchen recipes use fresh, whole, healthy ingredients and cooking methods with a focus on local, seasonal, sustainably raised food. Bryant developed these vegan recipes through the prism of the African Diaspora-cutting, pasting, reworking, and remixing African, Caribbean, African-American, Native American, and European staples, cooking techniques, and distinctive dishes to create something familiar, comforting, and deliciously unique.

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Vegan Soul Kitchen: Fresh, healthy, and Creative African-American Cuisine is the second cookbook I read cover to cover (both by Bryant Terry). Completely intriguing, Terry's recipes are new and excitinghe mixes combinations I never would have dreamed of and I really really like it.

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From the author of Vegan Soul Kitchen: ingredients that inspire, unique recipes, and menus for everyday feasts. Marking Bryant's 10-year anniversary working to create a healthy, just, and sustainable food system, Bryant Terry offers more than just a collection of recipes.

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### **Vegan Soul Kitchen Vegan com**

Vegan Soul Kitchen Last Updated: March 24, 2009 If there s one cuisine that seemingly could never have the word vegan precede it, soul food has to be it.

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Delicious and healthy, this vegan side dish is perfect for your next Southern-style brunch or barbecue. This recipe was adapted from Vegan Soul Kitchen, by Bryant Terry (Da Capo).

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