

Title:

United States Regional Cuisine: Soul Food

Word Count:

553

Summary:

The history of American soul food can be traced all the way back to the days of slavery. More

Keywords:

cuisine,soul food ,African-American

Article Body:

The history of American soul food can be traced all the way back to the days of slavery. More

In the modern United States, soul food has truly evolved. It has become part of the African-Am

One of the most obvious and widely-recognized characteristics of African-American soul food is

Another characteristic of true African-American soul food is that nothing is ever wasted. Havi

Sunday dinners are definitely the times when soul food is most commonly seen on tables. Sunday

Soul food is not generally a healthy option for a person that must monitor their diet. Fried f

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