

Red Beans and Rice

Serving size: 6

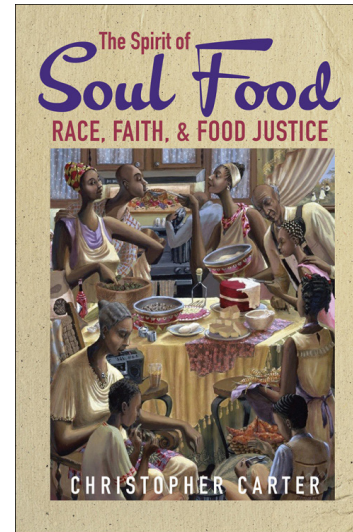
Ingredients

- 1 tablespoon grapeseed oil (or any high heat oil)
- 1 large white onion, diced medium
- 6 6-inch celery stalks, diced small
- 6 garlic cloves, minced
- 4 vegan sausages (I highly recommend Filed Roast Vegetarian Grain Meat Sausages, either Smoked Apple Sage, Italian, or Mexican Chipotle flavor)
- 1 teaspoon chili powder
- 1 teaspoon Cajun seasoning
- 1 teaspoon dried thyme
- 4 cups of broth made from Better Than Bouillon Season Vegetable Base
- 2 15-ounce cans of kidney beans, rinsed and drained
- 1 red bell pepper, cored, seeded, and chopped
- 2 cups cooked basmati rice
- ½ cup green onions

Directions

Heat a 4- or 5-quart stew pot over high heat, add the oil, and wait until it simmers. Add the onion and celery and cook, stirring with a wooden spoon, until translucent, about 10 minutes. Add the garlic and cook about 2 minutes more. Add the sausage, chili powder, Cajun seasoning, thyme, broth, beans, and bell pepper. Bring to a simmer and cook for 10-15 minutes, stirring frequently. Season with salt, pepper, and your favorite hot sauce. Serve over a bed of rice, and garnish with the green onions.

Carter, C. "Red Beans and Rice." Recipe. *The Spirit of Soul Food*. Illinois: The University of Illinois Press. 38.



Christopher Carter serves as associate professor of theology at the University of San Diego and lead pastor of The Loft at Westwood United Methodist Church. He also serves on the board of directors of Farm Forward, an anti-factory farming nonprofit.

Carter's research, teaching and activist interests are in Black, womanist and environmental ethics, with a particular focus on race, food and nonhuman animals. His publications include *The Spirit of Soul Food*; "Blood in the Soil: The Racial, Racist, and Religious Dimensions of Environmentalism" in *The Bloomsbury Handbook on Religion and Nature*; and the co-edited volume *The Future of Meat Without Animals*. In them, he explores the intersectional oppressions experienced by people of color, non-human nature, and animals.



Collard Greens

Serving size: 5-6

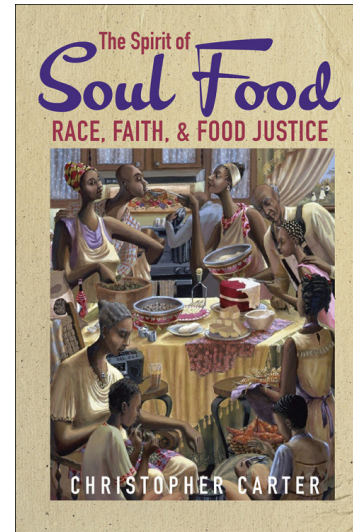
Ingredients

Coarse sea salt
2 pounds collard greens, chopped
1 tablespoon extra virgin olive oil
2 garlic cloves, minced
2/3 cup raisins
1/3 cup fresh orange juice

Directions

In a large pot over high heat, bring 3 quarts of water to a boil and add 1 tablespoon salt. Add the collards and cook, uncovered, for 8-10 minutes, until softened. Meanwhile, prepare a large bowl of ice water in which to cool the collards. Remove the collards from the heat, drain, and plunge them into the bowl of cold water to stop cooking and set the color of the greens. Drain by gently pressing the greens in a colander. In a large sauté pan, combine the olive oil and the garlic and raise the heat to medium. Sauté for 1 minute. Add the collards, raising, and ½ teaspoon salt. Sauté for 3 minutes, stirring frequently. Add orange juice and cook for an additional 15 seconds or so. Be careful not to overcook, as the greens should be bright green in color. Season with additional salt to taste if needed and serve immediately. This recipe serves 5-6 people.

Carter, C. "Collard Greens." Recipe. *The Spirit of Soul Food*. Illinois: The University of Illinois Press. 56.



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Corn Bread

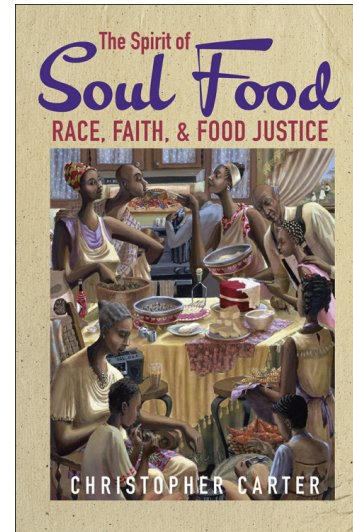
Ingredients

6 tablespoons water
2 tablespoons ground flax seeds
1 cup all-purpose flour
1 tablespoon vital wheat gluten flour
1 cup cornmeal
¼ cup sugar
4 teaspoons baking powder
¾ teaspoon table salt
1 cup almond milk
¼ cup canola oil

Directions

Preheat the oven to 425°F. If using a 9-inch cast-iron skillet (like Grandma used) or baking stoneware, place it in the oven while it preheats. Bring the water to a boil in a saucepan and add the ground flax seed, reduce the heat to medium low, and simmer for 3 minutes or until thickened, stirring occasionally. Set it aside. In a medium bowl, whisk together the flours, cornmeal, sugar, baking powder, and salt until well combined. Add the ground flaxseed mixture, almond milk and canola oil to the flour mixture. Beat just until smooth (do not over-beat) and set aside to rest for about 10 minutes. Coat the bottom of the baking pan with nonstick spray and pour the mixture into the pan. Bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean. Cool the bread for at least 10 minutes prior to eating.

Carter, C. "Corn Bread." Recipe. *The Spirit of Soul Food*. Illinois: The University of Illinois Press. 121.



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Peach Crisp

Ingredients

Peach Filling

- 2 pounds frozen peaches, partially thawed
- 2 tablespoons cornstarch
- ½ cup agave nectar
- 1 teaspoon vanilla extract

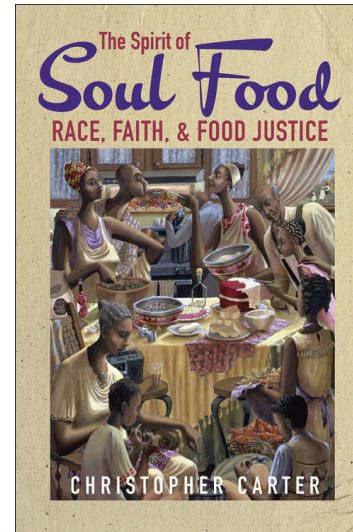
Crumb Topping

- ¾ cup oatmeal
- ½ cup unbleached all-purpose flour
- 1 cup brown sugar
- 3 tablespoons cinnamon
- ½ cup sliced almonds
- 12 tablespoons vegan butter, diced small and placed in the freezer for 15 minutes

Directions

Preheat the oven to 375°F. In a large mixing bowl, sprinkle the peaches with the cornstarch and toss lightly until they are well coated. Pour the peaches into a large sauté pan, cover, and cook on medium heat. Add the agave nectar and vanilla and stir until the liquid is simmering and thick. Remove the peaches from the heat and set aside. Place all the ingredients for the topping into a 1-gallon plastic sealable bag. Break up the butter with your fingers, then smash and shake the bag until the mixture is crumbly. Place the peaches, including the liquid, in a lightly greased 9-by-9-inch baking dish. Evenly cover the peaches with the crumb topping. You should have some topping left over; freeze it for future use. Bake the peach crisp for about 40 minutes, or until the peaches are bubbling and the topping is firm and brown.

Carter, C. "Peach Crisp." Recipe. *The Spirit of Soul Food*. Illinois: The University of Illinois Press. 164.



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