
healthy soul food recipes Soul Food Recipes (Low-Fat)

Posted by Angela G. Cole Counts - 2008/11/18 04:06

I need some ideas/recipes on cooking soul food. Being brought up on soul food, it is hard to break away. But I need to lose 30 pounds. How can I cook my regular food (mustard greens, corn bread, fried chicken, fried catfish, pinto beans, bar-b-q, hamburgers, etc.) without upsetting my family. I know I need to get away from fried foods, but what other alternative is there? Also, has anyone read Oprah's new book? If so, what do you think?

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Posted by ashortt808 - 2008/11/18 04:06

As far as greens are concerned, I use smoked turkey, I may boil a smoke turkey leg, cool and shred the meat and substitute that for neckbones or hamhocks, in my greens, black eyed peas, beans, green beans, etc. also cut back on the salt!!!! Girl, I am so GLAD you said this! I cook the same way, but you should see my mother's face when I tell her about it. She's from the old school, but all those high fat foods is not healthy. We should be able to enjoy traditional soul food without having a heartattack. I've made stir fry collard greens with no meat but used a lot seasonings (cayenne, soy sauce, along with chopped onions and jalapenos) and it was really good. Real hot, though. I've even made cornbread (no, not the Jiffy) with whole wheat flour. My mom really doesn't get that one, but it turned out just fine. I took it to a potluck with some other sisters (Along with some blackeyed peas cooked with smoked turkey) and everyone raved about it. I was pretty happy about that. It can be done. Angela Winning and losing are confusing

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Posted by BamBam - 2008/11/18 04:06

though. I've even made cornbread (no, not the Jiffy) with whole wheat flour. Not to nitpick, but if its made with wheat flour, isn't it then not cornbread? Thought is the labour of the intellect, reverie is its pleasure -V.Hugo Rose
BamBam Cooper /~ Sgt. At Arms/Web Moderator, /,' Ebony Queens Motorcycle Club
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Posted by ashortt808 - 2008/11/18 04:06

Stir fry greens? (Didn't you say you were coming to the Cali mini-reunion?) Yup, gonna make it high on my priority list, even though my play is going to be rehearsal that month. Looking forward to it, actually. Got a little conjurin' to do. ;-)
;-) I'm talking about greens, of course, ya' know. (hehehehehe)

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Posted by BitterSweet - 2008/11/18 04:06

AFRICAN CHOP (simple, delicious) 2 lbs beef stew meat 3 beef bouillion cubes (or 1 can beef broth) 2 tsp. salt 1/2 tsp. crushed red pepper 1 tsp. chili powder 2 tbsp. curry powder 4 cp. water (3 cp. if using beef broth) 2 tbsp. cooking oil or bacon grease 2 lb. collards, washed & sliced thin (I use 2 bunches per lb. of meat) 1 cp. chopped onion 12 oz. can tomatoes w/puree (or 8 oz. can tomato sauce)

1. In heavy 6-qt. stew pot, place beef cubes, all spices, and water. Stir, bring to rapid boil. Lower heat, cover and simmer for one hour.

2. Saute onion & greens in oil in large skillet for 5 minutes, stirring constantly.

3. Add greens to pot, stir, add tomatoes. Cover, simmer one hour. Serve over rice.

BITTERSWEET'S CORNBREAD 1 1/2 cp. cornmeal 1 cp. unbleached flour, sifted 1/3 cp. sugar 1 tbsp. + 2 tsp. baking powder 4 green onions, minced (dried green onion flakes can be substituted) 1 tsp. salt 1/4 tsp. sage 1/8 tsp. thyme 1 1/2 cp. milk 1/2 cp. butter, melted & cooled

Preheat oven to 425 degrees.

1. Sift cornmeal flour, sugar baking powder & salt into bowl. Add onion and herbs - blend well.

2. In another bowl, beat egg, milk & butter til foamy. Add dry ingredients just to combine. Bake 30 minutes at 425 degrees. Cool in pan 10 minutes.

NOTE: The baked in herbs make this recipe great for cornbread dressing. If you don't want the flavors for regular cornbread, omit.

AND FOR SOMETHING A LITTLE FATTENING (cause y'all have been SO GOOD!): **EGGNOG** (Folks flock to my house to get this stuff) 12 eggs, separated 2 cp. superfine sugar 1 qt. bourbon 1 qt. whipping cream 1 qt. milk 1 cp. cognac nutmeg

1. Beat egg yoks in large bowl til light and lemon colored. Gradually add sugar and beat until it falls in ribbons from beaters.

2. Add 2 cups bourbon and mix well. Transfer to punch bowl, cover & let stand one hour.

3. Blend in whipping cream, milk, cognac and remaining bourbon. Cover and refrigerate 2 hours or until ready to serve.

4. Beat egg whites in large bowl at medium speed until stiff and glossy. Gently fold into bourbon mixture. Sprinkle each serving with nutmeg.

NOTES: SAVE THE MILK CARTONS TO STORE EGGNOG. Rinse them with cold water and set aside. You can decrease the alcohol but it won't be the same :) I use 100 proof bourbon & Hennessey. To make your nog thicker, you can add some french vanilla ice cream, either to the punch bowl or individually. Nog may be frozen. **BON APPETIT Y'ALL!**

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BamBam said: Stir fry greens*? (Didn't you say you were coming to the Cali mini-reunion?) Ms. Ashortt (Angela) said: Yup, gonna make it high on my priority list, even though my play is going to be rehearsal that month. Looking forward to it, actually. Got a little conjurin' to do. ;-) I'm talking about greens, of course, ya' know. (hehehehehe)

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