

# *Soul Food*

*recipes*





# *Fried Chicken*

Miss Shari Baber

## **Ingredients**

Seasonings, to taste: salt, pepper, Lawry's garlic salt, cumin, paprika, onion powder

Vegetable oil for frying

Chicken wings, thighs, and legs

6 cups flour

Gallon plastic bag

## **Directions**

1. Preheat the oil, in either a heavy pan on the stove or a deep fryer, to 325°.
2. Add flour to bag.
3. Season each piece of chicken over a plate, then add pieces to the flour bag and shake.
4. Add chicken to the hot oil.
5. Chicken is done when the oil becomes clear and the chicken is light brown. For best results, cook for approximately 10 minutes and then flip and cook for another 10.
6. Remove the chicken from the oil and let it drain on a paper towel for 5 minutes.



# Turkey & Hot Links Greens

Miss Shari Baber

## Ingredients

Seasonings, to taste (a pinch or so of each): Lawry's seasoned salt, Lawry's garlic salt, black pepper, cumin

3 Tbsp olive oil

1 lb fresh collard green leaves

1 smoked turkey drumstick

Johnsonville hot links, sliced into 1-inch rounds. Use 2 or 3 links for mellow taste, 6 for more heat.

1 bell pepper, sliced into thin strips

1 white onion, chopped

1 pinch baking soda

1 cup water

## Directions

1. Wash and dry collard greens, and cut leaves into 2-inch pieces.
2. Pull meat from turkey drumstick.
3. Add olive oil to large pot, and turn to medium heat.
4. Add turkey meat, hot links, onions, and bell pepper to pot. Sauté for several minutes until the onions are soft and starting to caramelize.
5. Add collard greens and seasonings, and stir occasionally until leaves become darker green.
6. Mix in a pinch of baking soda.
7. Stir in water.
8. Cover and simmer 45 minutes on low.
9. Best when served fresh!  
Greens will be dark green and crunchy.



# Chicken & Sausage Gumbo Greens

Miss Shari Baber

## Ingredients

- 1.4-oz. Knorr Vegetable Recipe Mix packet
- 5-oz packet of Louisiana Fish Fry Products Cajun Gumbo Base
- 2 Tbsp vegetable oil
- 1 lb fresh collard green leaves
- 1 package smoked brats, sliced into circles
- 2.5 lbs (approximately) rotisserie chicken
- 1 green and 1 red bell pepper, sliced into thin strips
- 1 white onion, chopped
- 2 pinches baking soda
- 1 cup water

## Directions

1. De-stem collard greens. Stack leaves on one another, roll, and cut across rolled batch into 1-inch pieces. Wash and pat dry.
2. Add 1 Tbsp oil to large pot, and turn to medium heat. Sauté collard greens; add 2 pinches of baking soda to speed up the softening.
3. Add Knorr's vegetable recipe mix and 1 cup water to collard greens. Cook until greens are wilted and soft.
4. Pull meat from rotisserie chicken.
5. Add cajun gumbo base and pulled chicken to pot, then fill pot halfway with water.
6. In a frying pan, sauté sausage, bell peppers, and onion in 1 Tbsp oil until soft and slightly browned.
7. Add sausage, peppers, and onion to the pot of greens and simmer for 30-45 minutes.



# *Mac and Cheese*

Miss Kathryn Jones

## **Ingredients**

- 1 tsp olive or vegetable oil
- 1 lb. elbow macaroni
- 1 cup milk
- 1 8-oz can evaporated milk
- 1 tsp flour
- 1 stick of butter or margarine (1/2 cup)
- Salt and pepper to taste
- ½ lb sharp cheddar cheese
- ½ lb medium sharp cheddar cheese
- ½ lb Colby cheese
- 2 cups shredded three-cheddar blend (available at Winco)

## **Directions**

1. Boil macaroni with a dash of salt and a tsp of oil to prevent the noodles from sticking.
2. Cook noodles to al dente, then drain and pour them into a large baking pan.
3. Stir in the flour, milk, evaporated milk, the medium cheddar, sharp cheddar, and Colby cheeses, and butter/margarine. Sprinkle pepper to taste.
4. Top with the shredded cheese, cover, and bake at 375° for 20 minutes. Remove cover and continue to bake until the top is golden brown.

# Corn Bread

Miss Kathryn Jones

## Ingredients

- 1 cup flour
- 1 cup yellow cornmeal
- 2/3 cup sugar
- 3 1/2 tsp baking powder
- 1 tsp salt
- 1 egg
- 1 cup milk
- 1/3 cup vegetable oil

## Directions

1. Preheat oven to 400°. Spray or lightly grease a 9-inch round cake pan.
2. In a large bowl, combine flour, cornmeal, sugar, baking powder, and salt.
3. Stir in egg, milk and vegetable oil until well combined. Pour batter into prepared pan.
4. Bake 20–25 minutes, until a toothpick inserted into the center of the bread comes out clean.



# *Kwanzaa Spaghetti*

Miss Shari Baber

Makes two 9x13 pans

## **Ingredients**

1 green pepper, chopped

1 white onion, chopped

1 lb ground beef browned with Lowry seasoning

1 package of smoked brats, sliced

1 cube butter

1 24-oz jar of spaghetti sauce, then 1 jar of water

1 6-oz can of tomato paste

1 packet McCormick Spaghetti Seasoning

1/4 cup sugar

1 package spaghetti noodles

16 oz shredded cheddar cheese

Parmesan cheese for serving





## Directions

1. Preheat oven to 350 degrees.
2. Cook noodles according to package instructions.
3. Sauté the sausage, onion and green pepper with 1 Tbsp butter.
4. In a large pot, whisk together the spaghetti sauce, 1 jar of water, tomato paste, McCormick seasoning and sugar.
5. Add browned ground beef and sautéed sausage mixture to sauce and bring just to a boil. Stir in 1 cube butter until melted then remove from heat.
6. Place noodles equally in two 9x13 baking dishes.
7. Pour sauce/meat mixture equally on top of each and mix well. Sprinkle cheese on top.
8. Bake at 350 for 20 minutes.
9. Serve with Parmesan.



# *Dump Cake Cobbler*

Miss Shari Baber

## **Ingredients**

- 2 29-oz cans of sliced peaches in syrup, but only use syrup from 1 can
- 1 cup sugar
- 1/2 cup brown sugar
- 3 tsp vanilla
- 2 sticks of butter (1 cup)
- 1 box vanilla cake mix

## **Directions**

1. Preheat oven to 350 degrees.
2. Combine peaches, sugar, brown sugar, and vanilla in a 13x9 baking dish.
3. Slice 1 stick of butter into several pieces and distribute evenly on top.
4. Sprinkle cake mix over the ingredients. Don't mix or stir.
5. Slice the second stick of butter and add to the top of the cake mix. Don't mix or stir.
6. Bake for 45–50 minutes or until browned and bubbling.





# *Sweet Potato Pie*

Miss Shari Baber

## **Ingredients**

- 4 pie shells (any type)
- 4 yams
- 4 eggs
- 1½ cups sugar
- 2 sticks butter (1 total cup), softened
- 1 Tbsp vanilla

## **Directions**

1. Scrub yams, then boil whole in skin for 40–50 minutes, until soft. Remove skins. (Miss Shari's secret: Boil right before bed, then let them cool down in the water overnight. Skins will slide right off!)
2. Preheat oven to 350°.
3. Mix ingredients well. A KitchenAid mixer is best for smoothing the potato strings.
4. Pour mix into pie shells.
5. Bake at 350° for 75-90 minutes.



**Brown Like Me is a place of belonging for  
Black youth in Idaho's Treasure Valley.**

We deliver programming such as monthly club meetings and other activities to build self-esteem in our youth, connect them to Black mentors and community leaders, participate in community service, and enjoy opportunities to be around friends who look like them.

Learn more and find out how to get involved:

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