The Encyclopedia Britanica describes Soul Food as “the foods and techniques associated with the African American cuisine of the United States ... The term celebrated the ingenuity and skill of cooks who were able to form a distinctive cuisine despite limited means.”

Soul Food has a rich history as not only delicious cuisine created by African Americans but also as a symbol of the resourcefulness and creativity of formerly enslaved people. We hope to carry the spirit of Soul Food forward with this recipe book. This collection of recipes serves as a living catalogue of the Soul Food prepared by students, faculty, and staff at Lansing Community College. We welcome all to participate in viewing and preparing these dishes in the spirit of celebration, resilience, and prosperity!
Made with fresh ingredients from my garden. Soul food families always had a garden out of which they picked part of their meal or had as their main dish.

**INGREDIENTS** (Everything to taste)

- Tomato
- Yellow and green squash
- Spinach and kale
- Basil
- Turmeric
- Nutritional yeast
- Kelp
- Flax flakes
- Avocado dressing
DIRECTIONS

1. Toss tomato, squash, spinach and kale together
2. Sprinkle basil, turmeric, nutritional yeast, kelp, flax flakes over salad mixture
3. Pour avocado dressing over salad
VERONICA’S AMBROSIA DELIGHT
Submitted by Dr. Veronica Wilkerson Johnson, Integrated English Department

Easy and delicious!

INGREDIENTS
- 1 can of mandarin oranges
- 1 can of pineapple chunks
- 1/2 of a 3.5 oz. can of shredded coconut
- 1 and a ½ cups of tiny marshmallows
- 1/2 pint of sour cream

DIRECTIONS
1. Pour out juice from pineapple and oranges
2. Mix fruit, coconut, marshmallows, and sour cream
3. Put into a dish. Refrigerate several hours before serving
AUNT CAROL’S OX TAIL STEW
Submitted by Robin Moore, Office of Diversity and Inclusion/Library

INGREDIENTS (4 to 6 servings)
+ 4 pounds of oxtails
+ 2 large Vidalia onions, chopped
+ 4 garlic cloves, smashed
+ 1 bunch of fresh thyme
+ 2 tablespoons of red pepper flakes
+ 4 teaspoons of paprika
+ 1-2 frozen bags of mixed vegetables
+ 1-2 cans of stewed tomatoes
+ 2 cups low-sodium beef broth
+ 4 teaspoons of tomato paste
+ Water (enough to cover)
DIRECTIONS

1. In crock pot, add oxtails, onions, garlic, thyme, red pepper, and paprika
2. Add enough water to just cover the oxtails and cook on high 4 – 6 hours
3. Add water as necessary to keep oxtails covered with liquid
4. When the oxtails are good and tender, add vegetables, stewed tomatoes, tomato paste, and 2 cups of beef broth, and water if needed. Simmer on low for about 1 ½ - 2 hours, stirring occasionally. Serve with rice and enjoy!
PUNCHBOWL CAKE
Submitted by Annescia Dillard, Center for Teaching Excellence

This recipe is one shared with me by my late grandmother Gerry. She was known to make it for family gatherings. Soon after I learned, and she passed, the task was then passed on to me.

INGREDIENTS

- 1 Box of instant vanilla pudding
- 1 can of crushed pineapple
- 1 can of cherry pie filling
- Whipped cream
- 1 Box of vanilla cake mix
- Toppings
- Maraschino cherries
- Crushed walnuts
DIRECTIONS

1. Make your vanilla cake (you can use a boxed cake mix or make it from scratch). After baking your cake, let it cool for about an hour.
2. Make your vanilla pudding (you can use a mix or create your own).
3. Drain your pineapples.
4. Cut cake into squares. The cake will serve as the base layer of your cake. Personally, when I make this cake I cut the cake into squares and cut the squares in half horizontally.
5. Take the half squares and lay them flat at the bottom of the punch bowl.
6. Layer the pudding on top of the cake evenly. The trick is getting the layers even so it looks nice in the bowl. Once you’ve placed the cake you will continue your layers in the following order:
   - Cake
   - Crushed pineapple
   - Pudding
   - Cherry pie filling
   - Whipped cream
7. You will repeat the layering process a few more times. How many times will depend on the size of your bowl and how much you use per ingredient when layering. When you reach the top of the punch bowl and have your final layer of whipped cream, be sure to add a little extra for optics.
8. Garnish with maraschino cherries and crushed walnuts.
SHRIMP & SAUSAGE ÉTOUFFÉE
Submitted by Melissa Kaplan, Business, Communication, and the Arts Department

Traditional étouffée is made with a roux and quite often with crawfish. This simplified recipe is adapted from the New York Times with my use of olive oil instead of only butter, vegetable variations, my own homemade Creole seasoning, and the addition of delicious spicy chicken andouille sausage.

INGREDIENTS (Serves 2)
+ 2 tablespoon of olive oil
+ 1 tablespoon of butter
+ 1 medium onion, chopped
+ 2 stalks celery, chopped
+ 1 green pepper, chopped
+ 3-4 green onions, chopped (greens reserved)
+ 5 cloves garlic, minced
+ 3 tablespoon of flour
+ 2 tablespoons of tomato paste
+ 1 and a 1/2 cups of water (or combination water and vegetable or chicken stock)
+ 2-3 teaspoon Creole seasoning (to taste)
+ 1 bay leaf
+ 1 teaspoon-1 tablespoon hot sauce
+ 20 medium shrimp, peeled and pre-cooked
+ 2 Andouille chicken sausage, pre-cooked, sliced in half length-wise and then sliced into small half-moons*
+ Salt and pepper (to taste)
+ Chopped parsley (optional)
+ Rice for serving

**DIRECTIONS**

1. Heat olive oil and butter on medium in a large skillet
2. Sauté onion for a couple minutes until soft
3. Add celery, green pepper, and white part of green onions. Stir together and sauté for 5 minutes
4. Add minced garlic and sauté for another minute or so.
5. Sprinkle flour over vegetables, stir to coat, and cook for 3-5 minutes stirring constantly until absorbed
6. Stir in tomato paste and cook for a minute or so
7. Add water and cook over medium heat as the sauce thickens and reduces.
8. Stir in seasoning, bay leaf, and hot sauce
9. Reduce heat to medium low, cover, and allow etouffee to cook while you make the rice. You may also turn it to low if it’ll be awhile before you eat
10. 10 minutes or so before serving, stir in shrimp and sausage so they’re covered with sauce, and continue to heat on low to medium low. If it’s too thick, add a little water to thin
11. Add salt, pepper and hot sauce to taste
12. Sprinkle chopped scallion greens and parsley (optional) over the étouffée mixture
13. Serve over rice

*I use Amylu Andouille chicken sausage; you may use a different brand or use pork Andouille sausage, and slice in rounds if you prefer to half-moons
KICHURI
Submitted by Kali Majumdar, Social Science and Humanities Department

I enjoy making this on a monsoon rainy day!

INGREDIENTS
+ Ghee or olive oil, enough to coat bottom of pot
+ 5 seeds/spices (Fennel, Cumin, Fenugreek, Nigella, Mustard), to taste
+ 3 or 4 bay leaves
+ 1 heaping teaspoon Turmeric powder
+ 1 large onion, chopped
+ Garlic and ginger, to taste
+ 2 cups Masoor Dal
+ 2 cups Basmati Rice
+ 1-2 large tomatoes, grated
+ Salt and pepper, to taste
+ 4 medium potatoes, diced
+ Vegetables (peas, carrots, etc), to taste
+ 1 head cauliflower, chopped
+ Water, enough to cover/boil ingredients

**DIRECTIONS**

1. Place ghee or olive oil in a large pot on medium heat
2. Put the 5 seeds/spices, bay leaves, turmeric powder, large onion, garlic and ginger into hot oil and fry for 5 minutes
3. In the same large pot, submerge Masoor Dal, Basmati Rice, grated tomato, potatoes, and salt and pepper in water and bring to a boil until potatoes are nearly tender
4. Add vegetables and cauliflower
5. Cover and let cook for 5 minutes
6. Turn down heat to low and cook for another 5 minutes
Soul Food Fridays Mission Statement

Our mission is to create a safe space open to all, focusing on black students and staff at Lansing Community College. We will foster community through discussion, networking, shared experiences, and mentorship.

Thanks to the Soul Food Fridays Committee members:

Dr. Willie Davis
Annescia Dillard
Nimo Mire
Robin Moore
Eric Pouncil
Floyd Pouncil
Jonathan Rosewood