



Heart & Soul Food: Recipes and Stories to Nourish Your Heart & Soul

Peggy Browning

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Heart & Soul Food: Recipes and Stories to Nourish Your Heart and Soul satisfies the palate and the soul with heart-warming stories and family recipes.

Author Peggy Browning combines simple, old-fashioned recipes with short essays related to them. Many of our favorite recipes have emotions and stories attached. Ms. Browning shares her cherished memories of good food, good cooking, and good times.

Heart & Soul Food contains recipes for simple, inexpensive, Southern-style comfort food from chicken and dumplings and oven-fried chicken; biscuits and cream gravy; and squash casserole to favorite cookies, cakes and pies.

From Heart & Soul Food: “It was one of those cold, wet days that cries for comfort food , so my granddaughter and I made a pot of chicken and dumplings. We used my friend’s recipe and my Mama’s old rolling pin and made a pot of pure Southern comfort.

It was lovely to remember all the good times shared in those kitchens and share new good times and traditions with my own little grandchild.

Yes, the dumplings were good. But most of all I was comforted by using my friend’s recipe and my mother’s rolling pin.

That’s what comfort food really does...it nourishes your heart and soul. And my heart and soul are very full.”

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