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from Afro-Vegan: Farm-Fresh African, Caribbean & Southern Food Remixed Afro-Vegan by Bryant Terry Categories: Soups; Summer; Valentine's Day / romantic; Caribbean; Vegan; Vegetarian
Ingredients: coconut oil; yellow onions; carrots; celery; fresh ginger; paprika; coconut milk; corn; white pepper; cilantro; corn

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Preheat the oven to 375°F. Line a large, rimmed baking sheet with parchment paper. Put the plantains in a large bowl, drizzle with 2 teaspoons of the oil, and sprinkle with the salt. Toss gently until the plantains are evenly coated.

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Black Vegan Cookbooks | AfroVegan Society

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African, Caribbean, and southern food are all known and loved as vibrant and flavor-packed cuisines. In Afro-Vegan, renowned chef and food justice activist Bryant Terry reworks and remixes the favorite staples, ingredients, and classic dishes of the African Diaspora to present wholly new, creative culinary combinations that will amaze vegans, vegetarians, and omnivores alike.

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AFRO-VEGAN: Farm-Fresh African, Caribbean, & Southern Flavors Remixed. \$27.50. No Of Pages: 224. Year Published: 2014. Author Name: Bryant Terry. A narrative-style cookbook with recipes to reclaim community and healthy around the table?erving the rich tradition of black cuisines. Hard cover.

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