



Real Men Cook: More Than 100 Easy Recipes Celebrating Tradition and Family

K. Kofi Moyo

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A delicious, heartwarming collection of soul-stirring stories and soul-satisfying recipes, from real men who do it in the kitchen!

Every Father's Day, men -- from the guy next door to politicians, entrepreneurs, athletes, and artists -- gather together in cities across the country to participate in Real Men Cook for Charity events. It has become the largest Father's Day charity event in the United States, raising over a million dollars for charities such as the Boys & Girls Clubs of America, the YMCA, and Real Men Charities, Inc., for various family and health initiatives.

Now, some of the remarkable Real Men Cook volunteers have come forward to express their love of cooking, family, and community by sharing more than one hundred delectable recipes (some handed down over the generations) and the memories that inspire them to live as Real Men. A unique book with a priceless legacy that will nourish your family in body and spirit.

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