Out here in this world, just tryna make it Everything I see, sometimes I can't take it But damn I really miss those times That soul food's on my mind Mind, mind, mind

Grandma's hands used to usher Sunday mornings Now before Sunday school, I hustle and I'm on it I can't slow down, nah, a dollar and a dream In this life you live, you're either the dealer or the fiend Leanin' horizontal The acrobats on the corner, they flip So when them white vans pull up, shawty, we dip Out of view, could've been a track star at the school But it took the police just to get that. 44 out of you Dash, sprint, hurdle, over those steel gates They keep us in and keep folk out but we don't feel safe As we used to back when we was in a booster Watchin' our uncles drink coolers, talkin' pound-forpound losers over rib bones Now I sideways tote How did Bobby Johnson hold it? Pull the trigger 'til the clip gone Potato tip, no potato salad That American pie ain't even snappin'

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Aromas on the corner, these the soul, they say Some greens just can't be cleaned and you can't wash out the taste Of rotten roots Salted looks and herbs If it ain't made with love then it ain't fit to serve, I heard Some get bruised and battered Thrown away half eaten as if their seeds never ever mattered It ain't ripe, it ain't right That's why most people don't make love no more They just fuck and they fight What happened to the stay-togethers? Die with you, and that means forever Grandparents had that kind of bond But now we on some other shit Nah, we ain't got no rubbers here I know she creepin' so that ain't my son Apples fall off of trees and roll down hills We can't play games no more cause we got bills Back in the day, the yard was oh so filled Now nobody comes around here

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(Never thought it'd be, no soul food on my plate We gather 'round and lie, bow our heads and pray And I)

I still remember, the family parties
The happy faces, no broken hearts
Nobody starvin', but all that there is old news
What happened to the soul food?

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