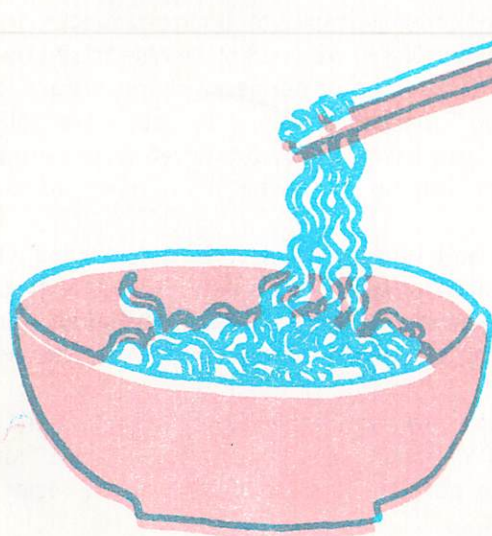


CANTEEN CAFE



Recipes of Resilience

Edited by Josh W. & Kayla K.
2021

CANTEEN CAFÉ

HELLO!

Welcome to the first volume of Canteen Café. We compiled this zine to give a voice to the voiceless within the Prison Industrial Complex (PIC). Although this is mainly filled with recipes, we hope future volumes will have more stories of men and women thriving despite their circumstances. In order for this to be a true "Café" we need to be able to sit down and share our experiences. So for our next volume, we are seeking stories of what "Liberation" means to you. We still need recipes too! If you have already submitted a recipe that you don't see in this volume, it may be in the next due to space limitations.

Please add Wlprisonrecipes@gmail.com and send in your recipes and stories so we can print the next volume. Remember, if you want to have your name printed, you must state this in your email, otherwise it will be marked anonymous.

I would like to thank "The Info Bridge," "The Community" "IWW/IWOC" and "Black and Pink MKE" for their help in putting out the word that we wanted recipes and stories.

I would also like to thank Diana W. for typesetting; Communication Press for helping with printing and distribution; and especially Kayla K. for her inspiration in making this zine possible.

In solidarity,

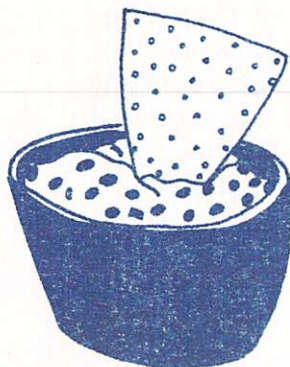
Kayla K.
Editor

Josh W.
Editor

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Bean and Cheese Dip

by: Anonymous



Ingredients:

- 2 8 oz. refried pinto beans
- 2 3 oz. Jalapeno cheese cups

Directions:

1. Cook refried beans per package directions.
2. Mix in cheese.
3. Add water to get to dip consistency.
4. Use any type of chip you like.

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Stromboli

by: Chop

Ingredients:

- 3 pkg. (6 each) 8" flour tortillas
- 4 5 oz. summer sausage
- 2 6 oz. packs spicy ground beef
- 1 16 oz. bottle squeeze cheese
- 2 4 oz. cheese bars (mozzarella or cheddar)
- 1 3.5 oz. sliced pepperoni
- 1 6 oz. hot pickle

Optional: 4.5 oz. chicken pouch; BBQ sauce; Jalapenos

Directions:

- 1. Lay down a plastic bag to cover whole table.
- 2. Spread squeeze cheese (thin layer) on all the tortillas.
- 3. Lay ½ of tortillas in a row overlapping by about 1 ½ inches. Make a second row the same way overlapping the first row by about 1 ½ inches. (There should be no holes.)
- 4. Place pepperoni down the center of your rectangle in 3 rows.
- 5. Spread BBQ sauce on entire thing (if using it).
- 6. Spread ground beef evenly over it.
- 7. Cut up summer sausage, pickle, cheese bars (into small cubes) and spread over the ground beef.
- 8. Spread chicken and jalapenos, if using.
- 9. Starting on one of the long edges, start rolling Stromboli. Once started lift the bag to continue rolling it up, tightening the roll as you go.
- 10. Cut into servings and microwave to heat up and enjoy.

Peanut Butter Brownies

by: Anonymous



Ingredients:

- 1 18 oz. jar peanut butter
- 1 13 oz. pkg. duplex cookies*
- 2 4.8 oz. sleeves of graham crackers
- 1 20 oz. dark soda (e.g. Pepsi, root beer, coke)
- 3 1.55 oz. Hershey bars
- 2 0.73 oz. hot cocoa packets

* Peanut butter cream cookies work too.

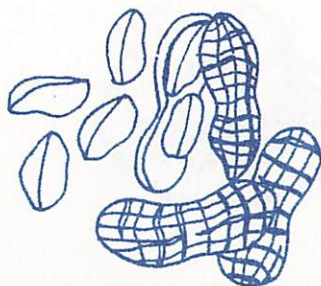
Directions:

1. Split open cookies and scrape out filling with a knife and set aside.
2. Crush the cookies and graham crackers into a powder; and put in large bowl.
3. Heat up peanut butter until it is runny.
4. Pour peanut butter into the cookie mixture and add 6 oz. soda, and mix. (Mixture should be wet like cookie dough consistency.)
5. Pat down to form a brownie and put on ice.
6. Heat up candy bars until melted. Add cream filling from cookies and hot cocoa packets. (Add a drop of soda, if necessary, to make frosting.)
8. Spread frosting on the brownies and set back on ice for at least 2 hours.

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Peanut Brittle (Easy)

by: Anonymous



Ingredients:

- 1 4.5 oz. bag butterscotch buttons
- 2 tbsp. peanut butter
- ¼ 7 oz. bag peanuts
- 1 empty rice bag cut open

(Note: This recipe must be done using a small Dodge bowl;
other bowls may melt.)

Directions:

- 1. Unwrap butterscotch buttons and place in a bowl with the peanut butter.
- 2. Put in microwave for 30 seconds. (Watch to make sure it does not burn).
- 3. When buttons start to melt, take out and mix.
- 4. Keep cooking in 10 second intervals until all the butterscotch is melted.
- 5. Mix in peanuts and spread on a rice bag. Let cool completely before eating.

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Peanut Brittle

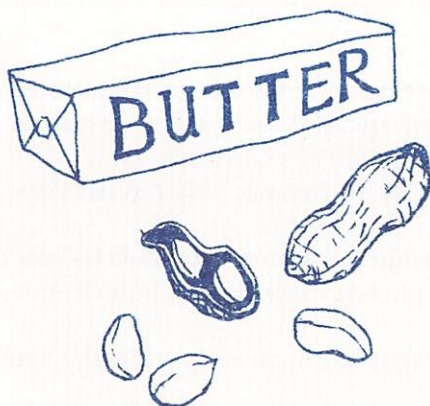
by: Anonymous

Ingredients:

- 10 pats butter
- 1/3 16 oz. bag of sugar
- 1/3 7 oz. bag peanuts
- 1/3 18 oz. jar peanut butter (optional)
- 1 Large bowl of ice

Directions:

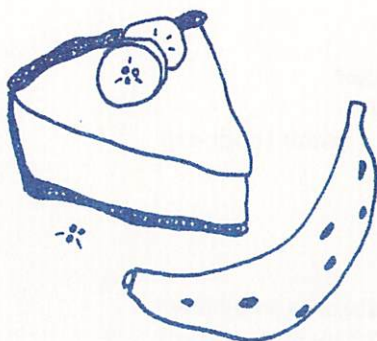
1. Put butter and sugar in small bowl.
2. Microwave for 30 seconds and stir.
(Note: During the cooking process the bowl will get very hot and might melt. To avoid this, place cooking bowl in the large bowl of ice while stirring each time.)
3. Continue microwaving (30 seconds) and stirring routine until sugar has melted into the butter and the oil has separated from the cream of the butter and sugar mix.
4. Drain off oil; stir in peanuts and peanut butter (if used).
5. Spread on a surface that won't melt. (You can use the oil to grease the surface.)



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Banana Cheesecake

by: Anonymous



Ingredients:

- 1 10 oz. bag creamer
- 1 5 oz. bag of powdered milk
- 3 packets Sweetmate
- 1 large banana (2 if smaller)
- 1 4.8 oz. sleeve graham crackers
- 1 tsp. sugar
- 4 pats of butter
- 2 tsp. pancake syrup (or honey)

Directions:

1. Crush graham crackers completely and add sugar.
2. Melt butter and add to mixture with the syrup.
3. Press into the bottom of a bowl for crust.
4. In a second bowl mix creamer, milk and sweetener together.
5. Mash banana into the mixture. It should be very thick and stick to a spoon. Add more banana, little-by-little, as necessary.
6. Spoon over crust and put on ice for at least 2 hours.

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FIGHTING FOR FREEDOM

My name is Raymond and I've been down now for 12 years still fighting for my freedom...because I have a little ways to go I'm not able to take a vocational because of my time frame, which is limiting my growth...but I can't let that stop me from brightening my horizons...locking people up is not the answer always, kids who was like myself need someone who's really willing to show them another way of life instead of selling drugs, robbing people etc...I was a month into my 18th birthday when I got charged with a murder case. I got 52 year's for this crime I was blamed for, I wasn't able to call witnesses to tell where I was when this crime happened. I wasn't able to get another attorney because the judge said I didn't give a good a'nuff reason so I was forced to trial with someone who didn't care about me or my case...smh an its been that "I don't care attitude" since I've came into the prison system, just like the other day I got a conduct report for using the phone more than one time and when you take the proper steps to address these type of issues you become a target then your time gets harder. These people (C.O.'s) pick with you and talk to you any kind of way, which is very disrespectful and belittling towards us...we have no voice even when we try to reach out to be heard nothing has changed... what about us. The ones who's willing to help change the old huh??? Its sad and it breaks us down because people like me deserves a chance...everyone who's locked up is not the same as they once were and its so many who pray everyday for another chance...if you don't have money to get that type of help then you'll die trying...so every chance I get and whatever I have to do to try to make that change I'm willing and will try my best because somebody someday gon hear my cry, our cry's an see that there's some good people who could make a real change where I sit and where I have to be for the time being ,'-) thank you for this

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opportunity and letting me express these few words I hope it helped.

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Strawberry Lemonade

by: Joshua Wade

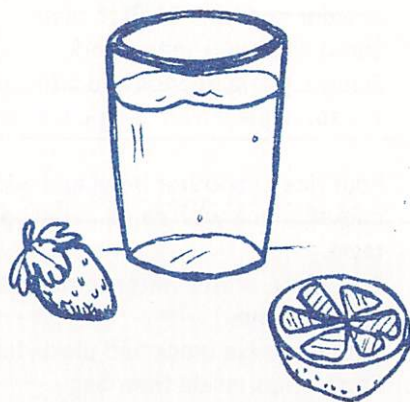
Ingredients:

2 tbsp. strawberry preserves

1 stick Wyler's lemonade

Directions:

1. Put strawberry preserves in an empty soda bottle.
2. Add lemonade and 4 oz. hot water.
3. Shake bottle vigorously until there are no chunks of strawberry preserves.
4. Fill the remainder of the bottle with ice water.
5. Shake and enjoy.



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Honey BBQ Chicken Wraps

by: Anonymous

Ingredients:

- 2 4.5 oz. chicken pouches
- 1 5 oz. bag BBQ chips
- 1 8 oz. bag of white rice
- 1 6 oz. hot pickle
- 1 6 pack of flour tortillas
- ½ 12 oz. container jalapenos
- 1 4 oz. cheese bar (cheddar)
- ½ 18 oz. bottle BBQ sauce
- ¼ 12 oz. bottle of honey
- 1 ramen seasoning packet
- Asian sauce
- Garlic powder
- Mrs. Dash seasoning

Directions:

1. Pour chicken pouches into a bowl and season with garlic powder and Mrs. Dash to taste.
2. Shred chicken using a spork.
3. Finely chop jalapenos and add to chicken. (Also add about 1 tbsp. of juice from jalapenos container.)
4. Pour rice in another bowl and add ramen seasoning packet, along with some garlic powder and Mrs. Dash, to taste.
5. Add 20 oz. of hot water to rice mixture and cover. (Let sit at least 5 min.)
6. Cut up cheese block and pickle into small cubes.
7. Crush chips inside their bag.
8. Add BBQ sauce and honey to the chicken and stir.
9. Add cooked rice and pickle to the chicken mixture.
10. Scoop mixture into 6 tortilla shells.
11. Sprinkle cheese and crushed chips on top. Add Asian sauce.

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Jailhouse Brick

by: Anonymous

Ingredients:

- 1 2 oz. bag Cheetos
- 1 3 oz. Chili-flavored Ramen noodles
- 1 1.125 oz. beef stick
- 1 3 oz. cheese cup

Directions:

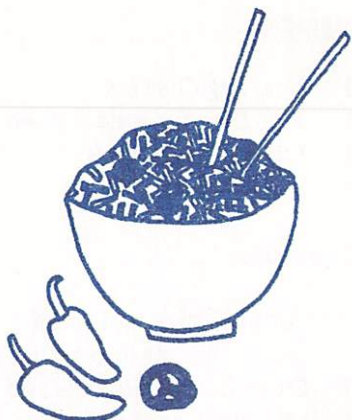
- 1. Cut beef stick into small 1/8" slices.
- 2. Crush Cheetos into a dust in the bag.
- 3. Crush Ramen noodles and add to the Cheetos bag.
- 4. Mix in the beef stick.
- 5. Add just enough hot water to get contents in bag moist (not too much). Squeeze the bag to mix thoroughly.
- 6. Close bag and let sit 10 minutes.
- 7. Cut open bag and spread the cheese on top. Enjoy.

Misty's Fried Spicy Rice

by: Anonymous

Ingredients:

- 1 8 oz. pkg. white rice
- 1 1.5 oz. bag jalapeno chips
- ½ 9 oz. bag Hot Fries
- 1 5 oz. regular summer sausage
- 1 11.25 oz. pkg. chili with beans
- ½ 12 oz. pkg. jalapenos
- 2 soup flavor packets



Directions:

1. Put rice and soup flavor packets into a bowl.
2. Add water to the mixture (not too much), mix, and then cover and let sit 5 minutes.
3. Stir mixture again and let sit 4-5 minutes.
4. Chop up the sausage and place in a separate bowl. Add the chili. Heat this mixture up.
5. Chop the jalapenos.
6. Crush the jalapeno chips and hot fries. Then mix them together.
7. In the chili bowl add the jalapenos and the chip mix. Stir together.
8. You can either pour this mixture over your rice or mix your rice into this mixture.

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Trail Mix

By: Anonymous

Ingredients:

- 1 10 oz. bag mixed nuts
- 1 1.75 oz. bag Doritos
- 1 2 oz. bag Cheetos

Directions:

- 1. Slightly crush the Doritos.
- 2. Mix everything together and shake vigorously.

Trail Mix

By: Joshua Wade

Ingredients:

- 4 1 oz. boxes raisins
- 1 10 oz. bag mixed nuts
- 2 3.5 oz. bags Tropical mix
- 1 1.75 oz. bag of M&M peanut candies

Directions:

- 1. Mix all ingredients together. Enjoy.

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Layers

by: Anonymous

Ingredients:

- 1 5 oz. regular summer sausage
- 1 12 oz. sliced jalapenos
- 1 6 oz. hot pickle
- 1 16 oz. squeeze cheese
- 1 8 oz. package white rice
- 1 4.4 oz. Chili flavored red beans and rice
- 1 11.25 oz. chili with beans
- 2 4 oz. blocks of cheese (cheddar or mozzarella)
- 4 packets mayonnaise
- 2 flour tortillas
- 1 1.75 oz. bag Doritos
- 4 tbsp. honey

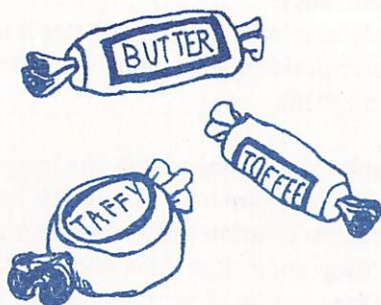
Directions:

1. Cut up the meat, pickles, jalapenos and block cheese and set aside in separate containers.
2. Water down the squeeze cheese so it is pourable.
3. Put chili in a bowl with a little water and heat it up.
4. Put red beans and rice in another bowl with hot water and let sit until cooked. (Season as you prefer.)
5. Put white rice in another bowl with hot water and season.
6. In a large bowl layer $\frac{1}{2}$ of white rice, $\frac{1}{3}$ of block cheese and $\frac{1}{2}$ of the meat.
7. Put a shell over this and then layer rest of rice, $\frac{1}{3}$ of block cheese and rest of meat. Squeeze some cheese on top and then add another shell.
8. Pour red beans and rice and chili on this layer and squeeze on some cheese.
9. Top with remaining block cheese, pickles and jalapenos.
10. Add squeeze cheese, mayonnaise, honey, and crushed Doritos.
11. Heat and eat.

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Sugar-Free Taffy

by: Anonymous



Ingredients:

- 1 10 oz. bag creamer
- 2 packets sugar-free drink mix
- 3 pats butter

Directions:

1. Dump creamer and butter into a bowl. Add drops of water until it becomes a thick cake-like batter.
2. Microwave in 1 min increments until mixture is light brown. (Watch closely so it doesn't boil over.)
3. Mix in drink mixes and microwave 1 more minute. Let cool.

~ Resilience ~

The fourth edition of The American Heritage College Dictionary defines, 'Resilience', as:

- (1) the ability to recover quickly from illness, change, or misfortune; buoyancy.
- (2) the property of a material that enables it to resume its original shape or position after being bent, stretched, or compressed; elasticity.

From clay I was molded and shaped into the image that I currently am. Though I am human, yet and still, I am only an object. Since my creation I have been the very definition of, 'Resilience'. Just think about it. Since my conception, have I not been bent, stretched, and compressed? Today's date is, June 05, 2021 and I'll be 36 in two weeks (on the 29th), have I not experienced illness, change/ and or misfortune thus far? I mean, if I may be frank, at the height of my father's climax I was tossed into a fight, a race. A race that would determine if I would exist or not. We all know the conception process; from the comforts of my mother's womb to the constant state of, 'head on a swivel' of this prison atmosphere that I currently reside, have I not shown my elasticity?

I was asked to write a piece on my 'Resilience' since my incarceration but what is prison? Isn't prison just a place...a building...a state of being/and or state of mind? Yes, I currently reside in a physical building that just happens to be a prison, but aren't we all? I mean, I encounter staff here within this 'prison' that are themselves in 'prison'. Some of these 'prisons' are: alcoholism, drug abuse, authority junkies, bullies, womanizers, whores/sluts, amputees, insecurity, gender identity, domestic violence, etc. This you learn in simple conversation, and/or observation.

I've learned empathy in the midst of this 'prison'. In my (16) years of incarceration, I've had to take a hard look at

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myself, my life, where I've come from, where I've landed, where I want to go, how I see myself, who I want to be, and who I am. There's this saying: 'If you make your bed hard you have to lay in it.' And that is what people do. They have these bad bouts with life and decide to just lay there. For crimes committed I was deemed 'unfit' for society for (87) years. With that judgment/sentence, I was given a choice...lay there and play the woe is me card, or get back up and live. I chose to get back up and live!

I've found myself in Christ Jesus. I've attained my Communications Degree. I've participated in various groups such as: Parenting, (2) Book Clubs, Mind Over Matter, Challenges And Possibilities, Restorative Justice, Bible Seminars, Creative Writing competitions which has led me to become a published author, and received certificates in bible correspondences.

In closing, I am one of many siblings that were raised a certain way, but chose a certain path in life. My elasticity is evident. So I guess 'Resilience' is a part of my story 'cause if anything...my life is very closely associated with the definition of 'buoyancy'.

#justice4'anthony2021

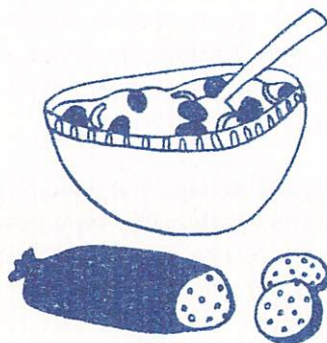
Anthony 'Moufpiece' Bolden #450829

Famous Chili Mac

by: Anonymous

Ingredients:

- 1 16 oz. bottle squeeze cheese
- 1 4 oz. cheddar cheese bar
- 2 2.05 oz. Kraft Easy Mac Cups
- 2 3 oz. chili ramen noodles
- 1 11.25 pouch chili with beans
- 1 5 oz. regular summer sausage
- 1 6 oz. hot pickle



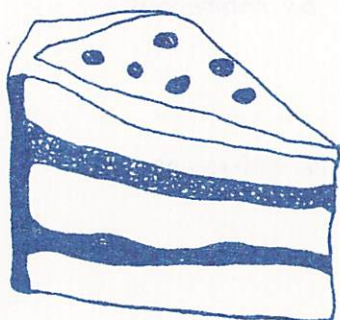
Directions:

- 1. Break up ramen noodles and put into a bowl. (No seasoning yet.)
- 2. Add red beans and rice to bowl.
- 3. Add hot water and let sit. (You may add seasoning salt.)
- 4. Chop summer sausage and put into a second bowl. (Add BBB sauce), then microwave for 2 minutes.
- 5. Add chili to meat bowl and microwave until hot.
- 6. Cook macaroni cups per package instructions.
- 7. Cut up pickle and cheese bar.
- 8. Mix everything together and add ramen seasoning packets and cheese. Enjoy.

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CCI Surprise

by: Anonymous



Ingredients:

- 1 13 oz. pkg. Duplex crème cookies
- 1 6 oz. Honey bun
- 1 1.55 oz. Hershey bar
- 3 tsp. Cappuccino
- 1 1.74 oz. pkg. peanut M&Ms

Directions:

- 1. Remove cream filling from cookies and set aside.
- 2. Crush the cookies into a bowl and add a small amount of water to form a dough.
- 3. Separate dough into 2 halves. Press first $\frac{1}{2}$ into bottom of bowl.
- 4. Cut honey bun into $\frac{1}{4}$ " pieces and layer into the bowl.
- 5. Melt Hershey bar and pour over honey bun pieces.
- 6. Take second $\frac{1}{2}$ of cookies dough and layer it on top.
- 7. Take cream filling from cookies, cappuccino, and about 2 tsps. of water and mix to make icing. Spread on top and sprinkle with M&Ms.

No-Bake Cookies

by: Anonymous

Ingredients:

- 2 pkgs. instant oatmeal with raisins
- $\frac{3}{4}$ cup peanut butter
- $\frac{1}{4}$ cup water
- 2 tbsp. sugar

Directions:

1. Mix all ingredients in a bowl.
2. Shape into $\frac{1}{2}$ inch thick cookies.
3. Let sit for 3 hours.



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Coffee-Less Turn Up

by: Anonymous

Ingredients:

- 15 tea bags
- 5 Sugar-free Kool-Aid packets
- 1 20 oz. Mountain Dew

Directions:

1. Fill pitcher 1/3 full with hot water and steep the tea.
2. Remove tea bags and add Kool-Aid and soda.
3. Fill the pitcher the rest of the way with ice.
4. Pour in cups filled with ice and enjoy.

I hope you enjoyed this zine. If you have any comments to share, email us at: WIPrisonRecipes@gmail.com

We can accept corrlinks emails. Lastly, I want to give a big shout out to Communication Press for all their help in making this and hopefully our next zine possible.



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