

# Meals, Sides, and Sauces

## A Prisoner Express Cookbook Made with your help

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### Preface

Hey there, chefs!

I'm Amber, the student editor of this Cookbook, and I'm excited to share this collection of recipes with you! Thank you to all who submitted recipes. I'm amazed by your creativity, resourcefulness, and blending of bold flavors! I am a firm believer, as I'm sure many of you also are, that cooking nourishes not only the body, but the mind and soul as well. Sharing food is often seen as a symbol of kinship and connection. I thank you for inviting us all to your metaphorical table by sharing your recipes. Now let's dig in!

### Meals

#### Basic Burrito - Sean McCarthy

##### Ingredients

- Rice
- Spicy beans
- Cholorio
- Squeeze cheese
- Mayo
- Sriracha
- Pork rinds

##### Instructions

- Mix all the ingredients together and place into a tortilla or tortilla substitute

#### Simple Crackling Burritos - Alton Chavis

##### Ingredients

- 1 seasoning pack from chicken soup.
- 1 large bag of pork skins
- 1 5 oz sausage (diced, fried, and drained)
- 10 jalapeño wheels (sliced) lightly fried in sausage grease.
- 1 chicken pouch (drained)
- 1 4 oz cheese bar (cubed)
- 4 oz of refried beans (cooked and set aside)
- 6-8 tortillas (flour)

##### Instructions

- Mix seasoning pack with 8 oz water.
- Combine pork skins, sausage, jalapeños, and chicken in bowl and add chicken soup broth
- Cook in microwave until heated and pork skins are saturated, about 5 minutes.
- Let sit for 5 minutes to let flavor produce.
- Put beans in microwave for 2 minutes to reheat.
- Cook tortillas, 2 minutes or less.
- Spread beans on tortillas.
- Add cheese and meat mixture to the tortillas.
- Fold or roll and enjoy!

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#### Burritos - Tom Orton

##### Ingredients

- 1 pkg chicken (diced or shredded), drain liquids
- 1 pkg black beans (rinse off sauce)
- 1 pkg corn (1 ½ cup)
- ½ cup rice (brown or white), cooked and drained
- ½ pkg dehydrated tomato, green chili (rehydrated). Spice packet with dehydrated tomato and chili is optional.
- 1 pkg flour tortillas (8 count)
- Cheese of choice
- Salt and pepper

## Instructions

- Combine chicken, black beans, corn, rice, and rehydrated tomato chili pepper in large bowl.
- Add salt and pepper to taste.
- Heat in microwave or on hot pot.
- Fill tortilla (3 or 4 heaping spoons). Add cheese and wrap up.

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## Mr. T's Ramen Burrito - Robert Taliaferro

### Ingredients

- 4 ramen noodles (beef, hot veg)
- ½ bag peanuts
- ½ oz block cheddar cheese
- 1 tsp Mrs. Dash
- 1 tsp onion powder
- 6 burrito shells
- 1 squeazy cheese
- 2 halal sausages (soy chunks)
- 2 oz rice
- 6 ramen spice packets
- 1 tsp seasoned salt
- ¼ tsp garlic powder
- 30 tortilla chips
- 1 tsp sugar and 1 tsp lemon drizzle
- Garnish: hot sauce, jalapeño peppers, dill pickle, salsa or picante sauce

### Instructions

- Cut halal sausages to ¼ or ½ blocks, then marinate in spices overnight
- Crush peanuts, then add to sausage mix. Microwave until meat starts to sizzle, mixing from time to time
- Add rice to meat/peanut mixture and let rice soak up the oils of the meat
- Cook ramen noodles until they are barely wilted
- Pour off ramen noodle water to the meat/rice/peanut mixture, then cook the mixture until rice is cooked
- Add spice packets to noodles and about 4 oz of squeeze cheese, mix until cheese is melted
- Add meat mixture to noodles
- Cook until noodles are translucent, then add the block cheese (after it's

been cubed). Add more water if needed

- Cook about 6-8 minutes on high then add a fresh dollop of cheese at the end
- Let sit/rest for about 5 minutes before serving
- Crush 5 tortilla chips and line your burrito shell. Add a healthy serving of the noodle meat mix, and garnish with your relish/salsa mix
- ENJOY! And always taste and spice to taste.

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## Gerald Durst

### Ingredients

- Chicken chunk pouch
- Salt
- Brown rice
- Orange juice or pineapple juice
- Refried beans
- Flour tortilla
- Cheese (optional)
- Jalapeño (optional)

### Instructions

- Open chicken chunk pouch and add salt and a handful of brown rice. Stir.
- Place pouch in a hot pot.
- Add 1 can of the juice until the rice is covered. (you can drink the extra juice leftover)
- Add jalapeño (optional)
- Ready refried beans
- Chicken and rice will be ready in 20 minutes.
- Spread your refried beans on a flour tortilla, add the chicken and rice from the hot pot, and squirt cheese on to taste. Enjoy.

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## Chicken Tostadas - Gary Farlow

### Ingredients

- 1 chicken flavor ramen soup (cajun works best)
- 1 cup boiling water
- 1 cup cooked, shredded chicken breast

- 16 oz refried beans with jalapeños
- ½ onion, diced
- 4 tostadas
- 1 cup shredded cheese
- ½ cup onion dip
- 1 tomato, diced (optional)
- ½ cup shredded lettuce (optional)

#### Instructions

- Crush ramen into bowl. Add water, cover, and let sit for 8 minutes.
- Combine chicken, beans, seasoning, onion and tomato.
- Cover, microwave for 5 minutes on HIGH.
- Add ramen and mix well.
- Spread on tostados and top with lettuce, cheese, and onion dip.

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#### Loaded Chicken Fajitas - Shawn A. Meredith

##### Ingredients

- 1 red bell pepper, thinly sliced
- ½ cup thinly sliced onion
- 7 oz chicken breast
- ½ tbsp extra virgin olive oil
- 1sp chili powder
- ¼ tsp smoked paprika
- ¼ tsp cayenne pepper
- ½ tsp garlic powder
- Pinch of sea salt
- 2 taco sized sprouted grain tortillas, thawed in fridge
- ¼ avocado sliced
- 2 tbsp nonfat plain greek yogurt
- 1 tbsp salsa (no sugar added)
- 2 tbsp shredded lettuce
- 1 tbsp shredded monterey jack cheese

##### Instructions

- Preheat oven to 375 degrees F
- In a small baking pan, spread sliced peppers and onion on the bottom. Then slice chicken breast into long strips about an inch thick and spread strips on top of peppers and onions
- Add olive oil and spices to chicken, peppers, and onions. Toss mixture

until it's well coated. Completely cover the pan with aluminum foil. Bake for 20 minutes

- While chicken is cooking, heat tortillas in the microwave (about 30 seconds)
- Fill 1 warm tortilla with half of the chicken mixture, 1-2 slices of avocado, 1 tbsp greek yogurt, ½ tbsp salsa, 1 tbsp lettuce and a pinch of cheese
- Repeat with the other tortilla

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#### Prison House Tamales - Johnny Morales

##### Ingredients

- Loaves of Bread
- Hot Cheetos
- Pickles
- Two Sausages
- Bell Peppers
- Cheese Squeeze

##### Instructions

- Crush the loaves of bread and Cheetos into dust-like form
- Chop up the pickles, peppers, and sausages
- Add water to a mix of cheetos and bread, make into dough
- Form into tamale

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#### Tortilla Bowls - Chris Newhouse

##### Ingredients

- Soft shell tortillas
- Meat sausage
- Salt
- Pepper
- Onion powder or real onions (optional)
- Chili
- Butter
- Rice or noodles
- Jalapeños
- Cheese

##### Instructions

- Take the tortillas and poke lots of holes into them. Then place on top of a small bowl and put into the microwave for 10 seconds. Then mold

the tortilla to the inside of the bowl and put it back into the microwave for one minute. Then two more times at 30 seconds each time. Your tortilla should feel hard like a cracker at this point.

- Take the meat sausage, chop it up, and season with salt, pepper and onion. Put the meat into the microwave for 2-3 minutes.
- Take one pouch of chili with butter, onion, salt, and pepper and cook for 3 minutes.
- Cook your rice or noodles and layer them into your tortilla bowls. Layer rice (or noodles), then chili, jalapeños, cheese, then meat - repeat.

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### Chicken Enchiladas - Gary Farlow

#### Ingredients

- 5 tbsp butter, divided
- 1 cup onion rings, crunched
- 4 Texas Tito's jalapeño slices, divided and chopped, 0.8 oz each
- 2 cups (2-2 ½ pouches) Back Country premium chicken meat
- 1 Cookquick refried beans with jalapeños & green chiles, 0.4 oz
- 3 cups (3-4 oz bars) pepper jack cheese, shredded, divided
- 8 (8 inch) flour tortillas
- 1 ramen cajun chicken seasoning packet
- ½ cup milk
- Dash of black pepper

#### Instructions

- Melt 2 tbsp butter in microwave on HIGH for 10 seconds.
- Add onion rings and 2 packs of the jalapeño slices. Microwave on HIGH for 10 seconds.
- Stir together the chicken and onion mixture.
- Prepare refried beans according to package instructions, add to chicken mixture along with 2 cups of cheese and seasoning packet. Mix well

- Spoon a heaping 1/3 cupful chicken mixture on one end of each tortilla, and roll up. Arrange 2 enchiladas, seam sides down, in a microwave dish with at least a ½ inch side. Repeat with remaining enchiladas to give 4 servings. Set aside.
- Melt remaining 3 tbsp. Butter in microwave on HIGH for 10 seconds. Stir in milk, pepper, and ½ cup of cheese. Microwave on HIGH at 10 second intervals until cheese melts and mixture is thick and bubbly. Remove from microwave and evenly distribute sauce over 4 dishes of enchiladas.
- Divide remaining jalapeño slices atop each and evenly sprinkle with remaining cheese.
- Microwave each dish of enchiladas on HIGH for 1-1 ½ minutes or until bubbly. Serves 4.
- Variation: beef enchiladas
  - Substitute chicken with Back Country taco filling, 11.25 oz and Back Country chili no beans, 11.25 oz.
  - Replace ramen cajun chicken seasoning with roast beef seasoning.

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### Nachos - Fernando Quintana

#### Ingredients

- Nacho chips
- Squeeze cheese
- Refried beans
- Sliced jalapeños
- Shredded beef or sausage
- Yellow chilies
- Pork cracklins

#### Instructions

- Mix together as much of the ingredients as you have

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### Nacho Supreme Deluxe - Christopher Ivory

#### Ingredients

- Doritos (crushed)
- Soup

- Chili with beans
- Hot pickle (sliced)
- Hot summer sausage or beef crumbles (meat optional)
- Cheese

Instructions

- Combine all ingredients to get a warm nacho supreme deluxe!

Nacho Do - Michael Caldwell

Ingredients

- 1 can of chili w/ beans
- 1 medium sized summer sausage
- 1 pickle
- 2 tubs of jalapeño cheese spread
- 1 medium sized onion
- 10 chili flavored ramen noodle soups
- 15 hot sauce packets
- Jar of sliced jalapeño peppers
- 1 bag of cheese nachos

Instructions

- Dice up sausage, pickle and onion. Set aside
- Break up ramen noodles into a large bowl, add water, and microwave until steaming hot. Don't let your noodles get too hot or else they will be mushy. Cover noodles with a lid and set aside.
- Microwave the sausage in a bowl until the fat has been rendered. Add onions. Place back in microwave until the onions are cooked.
- Combine the canned chili with a half tub of jalapeño cheese, stir, then microwave for 3 minutes.
- While the chili is being microwaved, drain the water from the noodles and add 6 of the chili packets to the noodles and stir.
- Combine the seasoned noodles with the chili. Stir in the cheese mixture, pickle, half of the jalapeño peppers, meat and onions.
- You can put the remaining jalapeño cheese into a bowl and microwave it until it's melted. Open the nachos and cover them with the melted

cheese and remaining jalapeño slices and hot sauce (optional).

Natcho's - Al Ward

Ingredients

- 2 bags of nacho cheese chips
- 3 or 4 squeeze cheese bits
- Container of jalapeños
- Bit of yellow peppers
- 1 Garlic
- Onion
- Bell peppers
- Mushrooms
- Black olives
- Black peppers
- 4 logs of peppered sausages

Instructions

- Break down the sausage into small pieces
- Put them in a plastic bag
- Add jalapeños, olives, peppers, and all the produce into the bag
- Boil it until it is externally hot
- Boil the cheese in a separate bag (all of the bits) until they are syrupy
- Add a layer of chips, then cheese, then ingredients
- Do this as many times as possible in a bowl

- Jennifer Kay Stull

Ingredients

- 1 bag corn chips
- 1 pack chili beans
- ½ block velveeta cheese

Instructions

- Put together till hot and melted, and eat while hot. It's scrumptious.

Frito Pie - Rylie Steele-Trofholz

Ingredients

- 2 refried beans, hot
- 4 beef ramen
- 1 large pickle, diced (use ID to cut)
- 11 oz Summer sausage, diced
- 6 pepper jack cheese sticks
- 1 package pepperoni
- 1 jalapeño cheese tub

- 1 large bag of chili cheese Fritos

#### Instructions

- Cook the beans and soup.
- while waiting, simmer the meat and cheese together in the microwave until the cheese is light brown
- Combine the pickle with the beans.
- Once the soup is done, drain extra water.
- Mix the soup, cheese and meat, cheese tub, and bean mix. Stir well.
- Dig in, but use manners please.

#### Prison Pizza - David Taylor

##### Ingredients

- Big bag of cheetos
- 2 ramen noodles (chili)
- 1 bag of chili
- Meat (sticks or sausage)
- Hot sauce
- Sugar (2 cubes)
- Jalapeños
- Cheese (spreadable, meltable)

##### Instructions

- Cut tip of cheeto bag to let air out
- Crush cheetos
- Crush ramen
- Open bag of cheetos and add crushed ramen. Mix well inside the bag
- Add hot water, mix well, then secure the open end of the bag
- Put bag of chili in a container of hot water, add to heat
- Put cheese in the container of hot water, add to heat
- Cut meat to preferred sizes and put it in a bowl
- Add hot sauce, sugar, and jalapeños, mix
- Open the bag with the cheeto-ramen mix, pour in the chili, mix well
- Pour in the cheese, mix well
- Pour in the hot sauce mixture and the meat
- Enjoy

#### Pizza - Gary Farlow

##### Ingredients

- 3 tortillas
- 3 jalapeño squeeze cheeses
- 2 oz bar mozzarella, grated
- 2 pasta sauce packs
- 3 grilled cheese nabs, crushed
- 1 4 oz pouch black olives, sliced
- 3.5 oz pepperoni
- 1 Country Link sausage, diced
- 1 onion, diced and sauteed until soft in butter and garlic powder
- Parmesan cheese

##### Instructions

- Place 1 tortilla on place. Spread with 1 squeeze cheese.
- Add second tortilla atop.
- Add 1 squeeze cheese atop second tortilla.
- Add third tortilla.
- Mix crushed nabs with pasta sauce and spread atop third tortilla.
- Spread with grated mozzarella.
- Microwave sausage until hot.
- Sprinkle cheese atop.
- Place pepperoni atop this with olives and onions.
- Sprinkle with parmesan and microwave on high until bubbly.

#### Pizza - Renee Burton

##### Ingredients

- Saltines and snack crackers
- Tomato sauce
- Chicken, sausage, ham
- Jalapeños
- Cheese
- Cream cheese

##### Instructions

- Use saltine and snack crackers for your crust,
- Use tomato sauce for the sauce
- Use chicken and sausage and ham for your meat
- Use jalapeño peppers and top it with cheese and cream cheese

## Pizza - Albert Berez

### Ingredients

- Ramen pack
- Cheese puffs
- Pizza or barbecue sauce
- Cheese
- Optional: toppings such as summer sausage, bacon, chicken breast

### Instructions

- Crush up the cheese puffs and put them on top of the ramen.
- Cook with very little water so that you can make the crust.
- Add pizza or bar-b-que sauce on top.
- Add cheese and other toppings.
- Put it in a bag and cook for a few minutes.

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## Amazing Pizza - Tom Orton

### Ingredients

- 2 flour tortillas
- 1 packet pasta sauce
- Dehydrated mushrooms (optional):
- 1 block mozzarella cheese (slice into 1/8 inch slices)
- 1 block sharp cheddar cheese (slice into 1/8 inch slices)
- 1 pkg sliced pepperoni
- 1/2 cup pineapple
- Seasonings: Italian seasoning, garlic powder, Italian mixture (parmesan) cheese, mini sausage (diced) (all optional)

### Instructions

- Reconstitute dehydrated mushrooms. I like to use a little butter and garlic powder in hot water and let the mushrooms marinate for about 30 minutes in the butter and garlic juice before I put them on the pizza.
- Place one flour tortilla on wax paper from tray in microwave. Cook 40 seconds on first side, remove. Wipe moisture from bottom of microwave. Flip tortilla and cook 40 seconds on other side. Tortilla should be crisp and lightly golden brown. (Flour tortillas from trays are smaller than

those from commissary, so cook the smaller ones 30 seconds on each side).

- Repeat for the second tortilla.
- Spread 1/2 of the pasta sauce packet on each pizza crust.
- Sprinkle Italian seasoning and/or garlic powder to taste on pasta sauce.
- Alternate mozzarella and sharp cheddar cheese evenly distributed around pizza.
- Distribute sliced pepperoni around pizza evenly (add diced mini sausage if desired)
- Distribute pineapple and mushrooms around top of pizza (if desired)
- Place on wax paper in microwave, cook for approximately 2 1/2 minutes, or until cheese is melted.
- Remove from microwave and sprinkle top with Italian mix (parmesan) cheese.
- Your pizza will be very hot! Let cool for a couple of minutes. Slice into 4-6 pieces and enjoy!
- Variations: Instead of pasta sauce and traditional pizza toppings, try these:
  - BBQ sauce and sliced chicken
  - Ranch dressing and chicken
  - Asian hot and sweet sauce, spam, white rice, pineapple. (Ddd cashews after pizza cools)
  - Butter, sugar, broken pretzel pieces, nutella or chocolate chips, and caramels

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## Papa John Pizza - Joshua Perkins

### Ingredients

- 3 tortilla shells
- Jalapeño squeeze cheese
- Chips
- Chicken or roast beef
- Pizza or spaghetti sauce
- Ranch dressing
- Honey
- Pepperoni

- Salami
- Bacon
- BBQ sauce (optional)

#### Instructions

- Take your 1st shell and cover it in pizza sauce, cheese, and BBQ sauce.
- Crush up the chips on top of the 1st shell.
- Cover 2nd Shell with pizza sauce, cheese, and BBQ sauce.
- Crush chips on top of 2nd shell.
- Cut summer dog into pieces and put on 2nd shell.
- Cover 3rd shell with pizza, BBQ, and cheese sauce.
- Put crushed chips on top of 3rd shell along with chicken or beef.
- Put remaining ingredients on top.
- Put all shells together, then cover with ranch or honey

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#### Happy Grape Rice Bowl - Uriel Rodriguez

##### Ingredients

- 8 oz of Rice
- 1 Beef Sausage
- 2 Mustard Packs or 2 oz of Mustard
- 2 grape state packs of Kool Aid or 1 grape Crush Kool Aid
- 1 dash of crushed chili peppers
- Chopped Yellow peppers
- Bag of pork rings

##### Instructions

- Cook rice and split into two bowls
- Add the rest of the ingredients to a pot of water and cook for 10 minutes
- Add the pork rings last to soak up the water
- Mix and split into the two bowls of rice

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- Dan Bloor

##### Ingredients

- Chopped fresh vegetables
- Garlic
- Soy sauce
- White rice

##### Instructions

- Prepare white rice

- Steam fresh vegetables with garlic and soy sauce
- Eat over rice

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#### MG's Not Quite Fried Rice - Michael L.

Gonzales

##### Ingredients

- 2 pouches Mackerel
- 1.5 bags rice
- 1 jalapeño diced (no seeds)
- 1 pack peanuts (crushed)
- 1 tsp chili garlic or sriracha sauce
- Pinch of salt
- 1 large empty chip bag
- 6 oz water
- 1 boiling hot pot

##### Instructions

- Dump all contents into chip bag
- Shake well
- Place bag in hot pot (has to boil) and fill to safe level with water
- Let cook for 30-40 minutes
- Pour into a pouch, and mix well

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#### Sweet and Spicy Pork and Beef - Benito

Gutierrez

##### Ingredients

- ½ bag of white rice
- 2 top ramen
- ½ bag pork rinds
- 1 summer sausage
- 2 state kool-aid fruit punch
- Sriracha hot sauce
- Mayonnaise
- Crushed red pepper

##### Instructions

- Add hot water to lightly broken up ramen (not crushed) and rice
- Mix Kool-Aids in a cup of water. Then, in a separate bowl, pour kool-aid over pork rinds and mix thoroughly until all juice is absorbed
- Dice summer sausage
- Remove any remaining water from ramen/rice. Add seasoning packets, 2 tbsp. mayonnaise, 1 tbsp sriracha, and summer sausage



- Remove any remaining water from pork rinds. Add to ramen/rice. Top with crushed red pepper

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- J. C. Young

Ingredients

- Beef
- Salt
- Teriyaki sauce
- Olive oil
- Onions (green and white)
- Soy sauce
- Peanuts (optional)

Instructions

- Defrost beef, cut into stew size pieces, and season by marinating overnight in teriyaki sauce and salt
- Next day: Pre-heat pan and add three teaspoons of olive oil.
- When hot, add onions (green and white) and half a teaspoon of soy sauce.
- Let it cook for 6-9 minutes, then add marinated meat.
- After meat browns, turn down flames and continue to fry. Once meat darkens (add peanuts, optional) and cook for another minute.
- Turn of stove. This can be served over long grain steamed rice, with potatoes, etc.

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Teriyaki Chicken - Ashley Glass

Ingredients

- 8 skinless, boneless chicken thighs
- Teriyaki marinade
- 1 tbsp vegetable oil
- Toasted sesame seeds
- Thinly sliced spring onion
- Fresh coriander leaves to garnish

Instructions

- Open out thigh fillets, place between two baking sheets.
- Beat chicken until 1 ½ inch thick
- Cut each fillet to 2-3 smaller pieces
- Place in shallow bowl with teriyaki marinade and oil.

- Cover and leave for 20 min to marinate at room temperature.
- Preheat barbecue
- Drain the chicken from the marinade
- Cook chicken pieces for medium heat for 3-4 min on each side.
- Serve chicken garnished with toasted sesame seeds

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Boneless Hot Wings - Kenneth Toole

Ingredients

- Chicken chunk
- Big bang chips
- Habanero sauce
- Pork skins
- Ranch dressing

Instructions

- Pour Chips into bowl
- Crush chips up with a cup
- Place chicken chunk in your chips
- Mesh the chicken chunk into chips
- Add ½ bottle of habanero sauce to your dough
- Form your hot wings into the shape of an oval
- Pour the rest of the habanero sauce into a bowl
- Roll the wings in the sauce
- Crush pork skins to a fine powder
- Place the wings in the pork skin bag at least 3 at a time
- Shake to bread the wings
- Place all in a bag and put in hot pot for 15-20 minutes
- Remove and add ranch dressing

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BBQ Boneless Hot Wings - Eno Nkanga

Ingredients

- 1 chicken chunk pouch
- 1 big bang chips
- 1 habanero sauce
- 3 top-fuls of barbecue sauce
- 1 pork skins
- 1 ranch dressing

Instructions

- Pour big bang chips into a bowl and crush chips with cup
- Place chicken chunks in your chips

- Mash chips and chicken to make dough
- Add ½ bottle of habanero sauce and 3 top-fuls of BBQ sauce to dough
- Form hot wings into shape of an oval
- Pour rest of habanero sauce and 3 top-fuls of BBQ sauce into separate bowl
- Roll wings in the sauce. Crush pork skins to a fine powder
- Place wings in the pork skin bag (about 3 at a time), shake to bread wings
- Repeat until all wings are breaded
- Place wings in empty chip bag and put them in hot pot for 15-20 minutes
- Remove from bag and add dressing

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### Chicken Nuggets - Joe Jasso

#### Ingredients

- 1 Bag jalapeño chips
- ½ Bag Salsa Verde chips
- 1 chicken chunk
- Optional: BBQ sauce and ranch dressing

#### Instructions

- Crush jalapeño chips into powder and add a little water to form a thick dough
- Add chicken chunk and make 8 small round balls
- Roll balls in crushed Salsa Verde chips
- Put chicken chunks into hot pot for two hours
- Add ranch dressing and BBQ sauce and enjoy!

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### Hamburgers - Jorge Zapata

#### Ingredients

- Sleeve of crackers
- Bag of jalapeño or BBQ chips
- Chili pouch
- Bread

#### Instructions

- Crush the sleeve of crackers
- Crush the bag of chips
- Mix the contents together

- Add a chili, pouch creating a massive piece of dough
- Form 3 or 4 patties on bread and add whatever you want to them

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- George T. Wilkerson

Here's one for cooking tofu: step one- open the package and dump contents into a trash can of any size; step two- open an all beef vegetable patty and cook to taste: It tastes just like the real thing! :)

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### Soup Sandwich - Rebecca P. Forward

#### Ingredients

- Beans
- Soups (ramen)
- Meat skins
- Mayonnaise
- Mustard

#### Instructions

- Cook beans.
- Put water over the soup while it is still in the bag for 40 seconds.
- Drain water. Close the bag and let steam finish cooking for 15 seconds.
- Open soup and spread beans on half.
- Put skins or chip of choice over the beans.
- Make a mayo mustard mix and pour over the skins.
- Close soup up and enjoy.
- Optional- add any meats.

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### Man-which - Erick Gonzalez

#### Ingredients

- 1 Top ramen
- 1 Piece of lunch meat
- 2 pieces of bread
- Condiments

#### Instructions

- Cook water to warm, let top ramen sit for 30 seconds, make sure it's not fully cooked, but crunchy
- Apply condiments to bread and add meat and top ramen still intact
- Add seasoning on both sides
- Put together and voila: Manwhich

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### Fat Boys Sandwich - Jeffrey Schultz

#### Ingredients

- 1 cinnamon raisin bagel
- Hot garlic chili sauce
- Hot spicy beef sausage
- Jalapeño squeeze cheese
- 1 whole jalapeño/casabella pepper

#### Instructions

- Cut bagel into two pieces
- Apply hot garlic chili sauce to bottom half
- Place 5 slices of the beef sausage onto bottom half
- Squeeze out half a pack of jalapeño squeeze cheese onto top half
- Cut jalapeño/pepper and place on top of cheese
- Combine both halves and microwave for 45 seconds
- Served best with a sturdy napkin and cold drink!
- Serve with crackers

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### Thai Sandwich Prison Style - Daniel

Matthews

#### Ingredients

- Ramen soup
- Peanut Butter
- Chili Garlic Sauce

#### Instructions

- Half-cook the ramen soup with no seasoning
- Spread peanut butter on one half and chili garlic sauce on the other half

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### Chicken and Ramen Wraps - Jesse L. Howell

#### Ingredients

- Oven fried chicken.
- Spicy refried beans
- Frito Corn Chips
- Cheese square
- Hot sauce
- Mayonnaise
- Tortilla wraps
- 2 ramen soups

#### Instructions

- Boil the chicken.
- Shred the chicken from the bone.
- Heat up chicken and the cheese squeeze
- Cook your soups. Drain and season the soups.
- Add all contents into the bowl, excluding the Fritos.
- Mix this and add to top of the wraps.
- Add the crushed Fritos, hot sauce and mayo.

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### Beastie Panini - Jason Kurtz

#### Ingredients

- Tortilla shells
- Cheddar bar
- Bacon
- Pepperoni
- Jalapeños
- Garlic salt or other seasoning salt
- Salsa or pizza sauce

#### Instructions

- Halve a cheese bar, place it in a tortilla shell, then fold it in half.
- Place on hot pot metal or microwave; heat for 30 minutes in pot, or 2 minutes in microwave.
- Once cheese is soft, press shell until the cheese is flat.
- Load the other ingredients and let it cook for another hour.
- Flip and cook for one more hour until shell is crispy.

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### Chicken Cordon Bleu - Dean Williams

#### Ingredients

- Chicken chunks
- Ham
- Cheese
- Tortillas
- Peppers
- S/P Garlic
- Brown Gravy

#### Instructions

- Layer the chicken and ham with cheese wrapped in a tortilla

- Cook gravy in bowl with hot water and add S/P garlic powder and diced peppers to taste
- Serve the wraps with gravy on top

- 1 pack black beans
- Salt and pepper to taste
- 1 pack tortilla shells
- Optional: hot sauce or Sriracha

### Homemade Hot Pocket - Freddie Rowell

#### Ingredients

- 3 cups of whole wheat cereal
- 1 loaf of white bread
- 4 slices of salami, turkey, and sweet ham
- 1 Tijuana Mama Pickled Sausage
- 3 hard boiled eggs
- Chips of your choosing
- Jalapeño-flavored cheese dip

#### Instructions

- First, mash up the cereal in a bowl and mix it with the water and bread to make a dough. Continue to mash the mixture until it can be kneaded like dough.
- Chop up the slices of salami, turkey, and sweet ham, along with the Tijuana Mama Pickled Sausage and mix the meat together.
- Chop up 3 hard boiled eggs and mix with the meat.
- Roll out the dough with a circular lotion bottle on top of a large plastic bag.
- Place the meat and egg mixture on top of the flattened dough. Sprinkle your choice of chips over the dough and pour the cheese dip over the dough.
- Wrap up the dough to form a hot pocket, and place the bag and hot pocket on a fire exit light. Let the bag sit for 15 minutes and then flip it. Your hot pocket should be ready after another 15 minutes

### Tuna Melt - Kevin Hutchins

#### Ingredients

- 1 pack of tuna
- 8 oz cheese
- 2 oz jalapeños
- 8 oz white rice

#### Instructions

- Cook rice, follow package directions
- Dice jalapeños
- Add black beans (drained), jalapeños, and tuna to the cooked rice and mix
- Cook the mixture until hot
- Spread cheese on tortilla shells
- Stir bean, tuna, rice mixture and spread onto tortilla shells with cheese.
- Add salt and pepper to taste (and hot sauce, if desired).
- Fold and recook for 1-2 minutes in order to cook the shell

### Tuna Mix - Jason Stallcup

#### Ingredients

- 2 4oz. packs of tuna fish.
- One 8oz Tub of cheddar cheese spread
- 2 packs of ramen noodles
- 1 pickle
- Crushed potato chips
- Tortilla shells
- Hot sauce

#### Instructions

- Mix tuna, cheese, chopped pickles.
- Cook and drain the ramen noodles.
- Let cool.
- Put on tortilla shell with hot sauce and crushed chips.

### Savory Tuna Melts - Verna McClain

#### Ingredients

- 2 packages of tuna
- 1 diced jalapeño pepper
- 1 small bag of jalapeño chips, crunched
- 1 bottle cheese
- 1 package cream cheese
- 1 chili seasoning
- 1 ranch
- Tortillas

## Instructions

- In a bowl, empty tuna packets, rinse with water and drain
- Add crunched chips, diced jalapeño, chili seasoning, cheese and cream cheese
- Mix well
- Add water if mixture is too thick
- Take tortillas and spread a thin layer of cheese on tortillas
- Add tuna mixture and fold into taco
- Place tacos in cooking bag and place in hot pot filled with water
- Cook for 1 hour
- When done, serve hot with ranch as topping
- Recipe makes 6 tacos

---

## Hot and Spicy Tuna Spread - Richard

Woods

### Ingredients

- Velveeta cheese block (spicy)
- Mayo
- Red pepper
- Minced onion
- Garlic powder
- Jalapeños (cut)
- 2 bags of rice
- 1 pack flour tortillas (or 1 ramen soup)
- 2 tuna packets

### Instructions

- Mix together tuna, jalapeños, 1 teaspoon of red pepper, 1 tsp of minced onions, 1 tsp of garlic powder and 1 cup of mayo into a large bowl.
- Cook the rice with velveeta cheese. You may need to add milk or water to help with the stirring process.
- Lay the tortillas out and layer with cheese and jalapeños. Add two scoops of tuna on top, and two more slices of cheese. Roll into a burrito and place in plastic bag to boil for 20 minutes.
- If you have no tortillas, you can use one hot and spicy ramen soup and mix all the ingredients into that.

## Tuna Noodle Casserole - Tom Orton

### Ingredients

- 2 spoonfuls butter
- 1 cup chopped onion
- 1 pkg dried mushrooms
- 4 pkgs ramen noodles (chicken flavor)
- 1 ½ cups milk
- 2 spoonfuls soy sauce
- 1 pkg tuna
- 1 cup peas
- 1 cup shredded sharp cheddar cheese
- 1 cup water
- Hot sauce
- Salt and pepper

### Instructions

- Break up ramen noodles and put into bowl. Add milk, water, onion, butter, mushrooms, soy sauce, and 2 chicken flavor packets (from ramen noodles).
- Heat in microwave until liquid boils.
- Add tuna and peas. Stir until mixed. Cover and let sit for 15 minutes.
- Top with shredded cheese and reheat if needed. Season to taste with salt, pepper, and hot sauce.

---

## Ramen - Patrick Rios

### Ingredients

- Any flavor ramen
- Mackerel
- Pickle
- Jalapeño, chopped
- Corn chips
- Spoonful sandwich spread

### Instructions

- Cook ramen and combine ingredients with it

---

## Hodge-podge - Marty Thomson

### Ingredients

- Soup of choice
- Chili
- Summer sausage
- Pickles
- Refried beans
- Hot water

## Instructions

- Put all the ingredients in a bag
- Add hot water

---

## Layered Ramen - David O. Coopes

### Ingredients

- 2 packages of ramen noodles
- Summer sausage
- BBQ sauce
- Honey
- Soy sauce
- Dill pickle
- Olives
- 2 cups of refried beans
- Nachos
- Squeeze cheese
- Mayo

### Instructions

- Crush 2 packages of ramen noodles and put them in a bowl with seasoning. Place the dry mixture in the microwave for 1.5 minutes. Stir and repeat.
- Chop up summer sausage into cubes and place in a small bowl or cup. Place a small amount of water, some BBQ sauce, honey, and soy sauce (if possible) into the bowl with the summer sausage.
- Microwave the summer sausage bowl for 6 minutes, stir, and repeat.
- Chop up a dill pickle and some olives.
- Cook 2 cups of refried beans.
- Crush nachos
- Stir a mixture of squeeze cheese, mayo, BBQ sauce, and honey

---

## Prison Pad Thai - Tom Orton

### Ingredients

- 1 beef ramen
- 1 chili ramen
- 1 spoonful peanut butter (creamy or chunky)
- 1 spoonful tapatio hot sauce
- 2 packets ketchup
- 2 packets butter (optional)
- Jalapeños (optional)

- Onions & carrots (pickled in jalapeño juice, optional)
- Peas (optional)
- Soy sauce (optional)

### Instructions

- Break up ramen and put into bowl. Add both seasoning packets, peanut butter, jalapeños, carrots & onions (cut into 1/4 inch pieces), ketchup, & butter.
- Add boiling water (just enough to cover noodles)
- Stir until mixed, cover bowl. Let sit for 15-30 minutes.
- Reheat in microwave until remaining liquid boils (approximately 3-4 minutes).
- Stir in peas and season with soy sauce to taste. Makes 1 large serving.

---

## Chicken and Rice - Chavelo Borden

### Ingredients

- Onions, mushroom, peppers, jalapeños
- Olive oil
- Garlic powder, sazón, adobo
- Orange zest
- Hot sauce
- Chicken
- Water
- Flour
- Beans, coconut milk, honey, butter
- Rice

### Instructions

- Sauté onions, mushroom, peppers, & jalapeños in olive oil
- Add a dash of garlic powder, sazón & adobo
- Once the sauté process is complete, add the “zesting” from the orange & a tablespoon of hot sauce
- Strip the chicken from the bone and let the blend stew together
- Add ½ cup water for the stew’s broth
- Add flour to thicken the broth
- Cook approximately 15 minutes
- Add beans, coconut milk, honey, & butter

- Cook rice to desired texture
- Add the chicken to the top of the rice so the broth flavors the rice
- Enjoy!

---

### Meatloaf Recipe - Martin West

#### Ingredients

- 1 cup flavored crushed chips
- 1 lb hamburger/deer sausage/turkey ground - season to taste
- Weber's smokehouse maple
- Garlic powder
- Liquid smoke - Hickory or Mesquite
- 3 large/XL eggs

#### Instructions

- Mix these ingredients well
- Cover with canned or homemade sloppy joe mix or chili mix (with or without beans)
- Bake at 375 degrees for 45 mins to 1 hr 15 mins - varies with how thick you make your meatloaf
- Check every 15 mins after first 45 minutes

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### Lasagna - Gary Farlow

#### Ingredients

- 1 cup boiling water
- 1 cup hot water
- 3 bowls (1 large and at least 6" deep)
- 3 tortillas
- 3 grilled cheese nabs
- 3 ramen soups (ideally 1 chili, 1 beef, 1 cajun)
- 2 Country Link sausages, chopped
- 11 oz seasoned beef crumbles
- 2 oz bar mozzarella, diced
- 1 onion, diced and cooked until soft
- 1 tsp garlic powder
- 2 pasta sauce packs, or 30 packets of ketchup
- Parmesan cheese

#### Instructions

- Crush ramen soups into bowl and add seasoning.
- In separate bowl, place pasta sauce.
- Add ½ cup of the hot water to the pasta sauce and mix.

- Crush crackers and add.
- Add ½ cup hot water to ramen soups.
- Cook in microwave on HIGH for 2 minutes.
- Put boiling water in deep bowl.
- Dip one tortilla in water for 5 seconds.
- Place wet tortilla on bottom of a large dish.
- Spread a spoonful of pasta sauce atop tortilla.
- Sprinkle with ½ sausage, ½ beef crumbles, garlic powder, and ½ mozzarella.
- Dunk second tortilla in water for 10 seconds.
- Place wet tortilla atop meat/cheese layer.
- Repeat noodles, meat, onion, sauce, cheese.
- Dunk third tortilla in water for 10 seconds and place atop.
- Spread with 1 spoonful of pasta sauce.
- Sprinkle with grated parmesan.
- Microwave on HIGH for 6 minutes.
- Allow to sit for 5 minutes. Slice and serve.

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### Pour Et'ouffee Over Bed of Rice - Blair

#### Blanchotto

#### Ingredients

- 2 cans of Cream of Mushroom Soup (20 oz)
- 2 Cans Cream of Celery Soup (20 oz)
- 2 Medium to large bell peppers
- 2 medium onions
- 4-6 sticks of butter
- ¼-1/2lb crawfish
- 1 tablespoon onion powder
- 1 tablespoon Lowry Season Salt
- 6 cups of rice

#### Instructions

- In large pot, bring butter to medium heat.
- Dice onions + bell peppers, add melted butter
- Let cook for 10 min

- Add both cream of mushroom and celery soups, then stir.
- Cook rice separately.
- Add rice and crawfish.
- Increase heat to high and then reduce heat to low once boiling,
- Cover for 10 minutes and then add seasoning.
- Let sit for 5 more minutes.

---

### Jambalaya - Gary Farlow

#### Ingredients

- 1 cajun chicken ramen soup
- 8.8 oz Zatarain's easy rice microwave jambalaya
- 1 cup boiling water
- 16 oz hot chili beans
- 16 oz black beans, drained
- 9 oz summer sausage, chopped
- 2 jalapeños, chopped

#### Instructions

- Prepare jambalaya according to package, set aside.
- Crush ramen soup into bowl and add seasoning.
- Add water, cover, and let sit for 8 minutes.
- Mix chili, black beans, sausage, and jalapeños in bowl.
- Cover and microwave on HIGH for 5 minutes.
- Add jambalaya and ramen.
- Stir.

---

### - Tony Donnel Grandison

#### Ingredients

- Cheesy rice
- Ramen noodles
- Tuna fish
- Mackerel
- Smoked oysters
- Clams
- Brown rice
- Hot pickles
- Onions
- Green peppers
- Turkey sausage

#### Instructions

- Mix all ingredients and bake in a microwave

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### - John Naylor

#### Ingredients

- 2 chili ramen soups
- One seasoning packet
- 2-4 tablespoons of jalapeño cheese spread

#### Instructions

- Blend
- Add crushed cheetos or sriracha sauce and diced onion.
- Put ranch dressing on top- optional

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### Larry's Legendary Chicken Pasta - Larry

#### Anthony Harris

#### Ingredients

- 1 chicken chunk
- 2 chili soups or 2 chicken soups (ramen packs)
- 1 V8 Juice
- 3 cream cheese packs
- Squeeze cheese
- Garlic
- Cheese puffs

#### Instructions

- In an empty chip bag, mix chicken chunks, 1 soup seasoning packet, whole can of V8 juice, 2 cream cheese packs, 4 big spoonfuls of squeeze cheese, and a dab of garlic.
- Heat in a hot pot for about an hour
- While cooking mixture, break dry soups in half like sliced bread and break each one into 4 square pieces. Place in a dry bowl and when chicken mixture is heated to max temperature, then pour mixture over dry soup, cover, and let stand for 10 minutes. Uncover, stir well, and top with other cream cheese.
- To thicken this up, use crushed cheese puffs, which is also the final topping



## Creamy Beef Goulash - Tom Orton

### Ingredients

- 4 pkgs ramen (any flavors)
- 1 pkg dehydrated mushrooms
- 1 pkg dehydrated tomatoes/chilies
- 1 pkg onion soup
- 1 pkg country gravy
- 1 pkg shredded beef
- 1 cup crushed horseradish chips
- 1 ½ carton milk (optional)

### Instructions

- Soak mushrooms and tomatoes/chilies (do not add tomato/chili seasoning packet) in 1 ½ cup water (milk can be used for a creamier sauce).
- When mushrooms soften add onion soup and gravy packet. Stir until completely mixed together.
- Break up ramen into bowl, cover with boiling water, let soak until softened. Drain. (Discard seasoning packets).
- Cook gravy according to instructions on package.
- Add beef and broth to gravy and mix.
- Pour beef and gravy over noodles. Mix until noodles are completely coated.
- Heat until bubbling. Top with crushed chips. Serve hot.

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## Sides

### Antipasto Pinwheels - Gary Farlow

#### Ingredients

- 1 pkg Cactus Annie's tortillas (plain or cheesy jalapeño)
- 1 Sparrer's salami, 11 oz, sliced *very thin*
- 2 pkgs Splendore sliced pepperoni, 3.5 oz each
- 1 container City Cow cheese spread, any flavor, 8 oz
- 1 Cactus Annie's onion dip, 3.5 oz

- 2 pkgs Texas Tito's sliced jalapeños, .8 oz each
- 1 bar pepper jack cheese, *thinly sliced*, 4 oz

#### Instructions

- Remove two tortillas and lay out on work surface. Reserve remaining tortillas for other use.
- Divide cheese spread into two equal portions and spread over tortillas, covering one side of each completely.
- Divide salami into two portions. Lay salami atop cheese-covered tortillas. Spread half of onion dip atop salami, covering entire tortilla surface, then repeat with the other tortilla.
- Place pepperoni slices atop onion dip on both tortillas, then top with jalapeños.
- Divide sliced cheese into two equal portions and lay one portion atop each tortilla.
- Roll up tortilla "burrito style." Trim ends and slice each wrap into 1-inch slices. Makes 12 pinwheel appetizers.

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### Papa Rellena (Stuffed Potato) - Maico

Rodriguez

#### Ingredients

- Potatoes
- Ground beef
- Peppers
- Garlic
- Onions
- Salt
- Pepper
- Olives
- Butter
- Bread crumbs
- Eggs
- Oil

#### Instructions

- Take ground beef and season with peppers, garlic, onions, salt, pepper, and olives. Cook it and set it aside
- Boil the potatoes and then smash them to make them mashed

potatoes while adding butter, garlic, and some salt

- Let the mashed potatoes cool
- Beat an egg or two in a bowl and set it aside
- Put breadcrumbs in another bowl and set aside
- Add 1-2 cups of oil to a frying pan
- Take a handful of the mashed potato you set aside and roll it into a ball
- Press your thumb into it until you make a dip or an indentation in the mashed potato and add some of the ground beef into it. Make sure to close off the ball so that there is ground beef on the inside and mashed potato on the outside.
- Let the potato ground beef ball sit for a few minutes
- Take the potato ground beef ball and roll it around in the bowl of beat eggs
- Then take the potato ground beef ball and place it into the bowl of bread crumbs and roll it around so that the bread crumbs cover the outside of the ball
- Take the potato ball and lightly fry it in the pan of oil until it is golden brown
- Take out the potato ball and let it cool until it's ready to eat.

---

### Stuffed Jalapeños - Anthony Baker

Ingredients

- Cheese puffs
- Ranch dressing
- Jalapeño peppers

Instructions

- Crush cheese puffs
- Mix with ranch dressing
- Slice peppers
- Stuff peppers with cheese puff and ranch dressing

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### Onion Ring Fiesta - Steve MacDowell

Ingredients

- 3 dozen onion rings
- Chili

- Salsa
- Lettuce
- Onion
- Spicy refried beans
- Scallions
- Garlic
- Romano, parmesan, provolone, and mozzarella cheese
- Diced jalapeños

Instructions

- Lather onion rings in chili
- Add ALL other ingredients (except for jalapeños) and cook in broiler until brown
- Remove from heat and add jalapeños
- Enjoy! Best served with an ice cold Corona!

---

### Nacho Average Prison Dip - Robert

Patnoudé

Ingredients

- 1 medium onion
- 1 beef stick (or) spicy sausage
- 1 spicy beef soup (cup)
- 1 flat ramen soup (no seasoning)
- 1 can chili
- 1 tub "chili cheese dip"
- 1 large tomato or two medium tomatoes
- 1 jar jalapeño slices

Instructions

- Chop onion and beef stick and "grill" them in the microwave for approximately 3-5 minutes.
- Mix together the chili and two soups (after breaking them up) with a little water. Stir and microwave for 2 minutes. Stir again. If the noodles are really dry just add a bit more water, stir, and microwave for 1 minute.
- While hot, add the tub of chili cheese dip on top, spreading evenly. Then spread the grilled onion and beef stick on top.
- Dice the tomatoes and jalapeños and spread on top. Eat with nacho cheese Doritos or cheddar/bacon potato skins.

---

- Douglas Gordon

### Ingredients

- 4 avocados
- 2 tomatoes
- 3 eggs (hard boiled)
- 4 jalapeños
- 1 onion
- Couple dashes of mayo and mustard

### Instructions

- Mix well
- Eat with chips as a dip
- Serves four very hungry guys

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### Buffalo Chicken Dip - Gary Farlow

#### Ingredients

- 8 oz. old fashioned cream cheese, softened
- ½ cup old fashioned ranch or blue cheese dressing
- ½ cup shredded food express mozzarella cheese
- 4 pkg. (5 oz. each) Back Country buffalo chicken with sauce

#### Instructions

- In a microwave-safe bowl, stir cream cheese and dressing until smooth. Add cheese and chicken, making sure to use sauce out of packs.
- Microwave on high for 2-4 minutes, or until mixture is hot and bubbling. Stir before serving with crackers. Makes 4 cups.
- Variation:
  - Substitute 8 oz. Velveeta queso blanco for the cream cheese

---

### Queso Fundido - Gary Farlow

#### Ingredients

- 1 Back Country chorizo, 11.25 oz.
- 4 oz. Velveeta queso blanco
- 2 food express mozzarella cheese sticks, 8 oz.
- ¼ cup onion, chopped (optional)
- 2 packets Texas Pete hot sauce, 1 Tbsp.
- Butter

### Instructions

- In a microwave-safe bowl, combine chorizo, onion, and Texas Pete. Microwave on HIGH for 2 minutes.
- In a separate dish, rub bottom and sides with butter. Add mozzarella and queso blanco on top with a pat of butter. Microwave on HIGH for 2-3 minutes, or until cheese is bubbling.
- Top with chorizo mixture in the center. Serve with nacho chips. Serves 2-4.

---

### Jailhouse Chips - Freddie Rowell

#### Ingredients

- Ramen noodles
- Ramen flavor packet

#### Instructions

- Remove ramen noodles from bag and break the noodles into two bread-sized halves.
- Place your ramen halves in the toaster and toast.
- Lightly sprinkle powder from the ramen flavor packet over the toasted halves and serve.

---

### Sweet Potato Fries - Darnell M. Gilyard

#### Ingredients

- 3 sweet potatoes
- 4 cups vegetable oil
- 1 ½ cups cornstarch
- 2 cups of warm water
- 1 tablespoon of baking soda
- 1 teaspoon of salt

#### Instructions

- Slice sweet potatoes into 1 inch thick slices
- Slice slices into 1 ½ inch sticks
- Bring a pot of water to boil
- Add a tablespoon of baking soda and a teaspoon of salt to the water.
- Add the sweet potato sticks and bring back up to boil for 5 min.
- In a separate bowl, add 1 ½ cups of cornstarch and 2 cups of water.
- Mix until soupy

- Using a strainer, take sweet potatoes and add the cornstarch slurry.
- In a deep pot, add oil and bring up to 325 degrees
- Add sweet potato sticks and fry until they become golden brown.
- Pull them out, drain and add salt.

---

### Tomato Vegetable Noodle Soup - Tom

Orton

#### Ingredients

- 15 packets of ketchup
- 1 serving of mixed vegetables from tray (about 1/3 cup)
- 2 servings of buttered pasta
- 1 packet chili ramen seasoning (optional)

#### Instructions

- Empty ketchup packets in a bowl. Add 2 1/2 cups hot water from hot pot and stir thoroughly. Add chili seasoning if desired.
- Add vegetables and buttered pasta.
- Microwave for 3-5 minutes, stirring every 1 1/2 minutes.

---

### Potato Beef Chowder - Tom Orton

#### Ingredients

- 1 baked potato
- 3/4 cup cheese and broccoli
- 1 chili flavored ramen
- 1/2 pint milk
- 1 hot mini sausage
- Pinch of pepper, lemon pepper, onion powder, garlic powder, or other seasonings to taste

#### Instructions

- Place broken up ramen in bowl without seasoning packet. Heat milk. Pour hot milk on ramen. Let sit 3-5 minutes.
- Cut potato into 1/2" cubes or chunks.
- Dice mini sausage into small pieces.
- Mix potato chunks and sausage pieces in bowl.
- Add cheese and broccoli to ramen and milk

- Mix ramen seasoning and other seasonings into ramen mixture
- Add potato and sausage pieces. Stir.
- Microwave to desired heat.

---

### Ramen Soup Noodle Salad - John Black

#### Ingredients

- 1 packet ramen noodles
- Powdered sports drink
- 3oz cream cheese
- 2-3oz ranch dressing
- "Stuff"--ham, spam, fish, salsa

#### Instructions

- Discard the spice packet. Cook the noodles, hot or cold water. When done, rinse to get rid of excess starch.
- Place in bowl and sprinkle a powdered sports drink (single serving) over the noodles. Blend well.
- Add cream cheese and ranch dressing. Blend well.
- Add "stuff" if available
- It makes a very tasty dish (well, the dish doesn't really taste good, but the noodles sure do)

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### Turkey Pecan Salad - Rene Sanchez

#### Ingredients

- 2 cups of pecans
- 1 pound of cooked turkey breast (cubed)
- 3 stalks of celery (coarsely chopped)
- 1 cup mayo
- 1 tbsp of worchestire sauce
- 1 tbsp sugar
- A pinch of white pepper
- Lettuce leaves

#### Instructions

- Toast the pecans in the oven at 350° for 10 minutes.
- Toss turkey, pecan and celery in a medium bowl.
- Mix the remaining ingredients into a small bowl.
- Add the turkey mixture just before serving on a bed of lettuce.

### Fried Cabbage - Julia Todd

#### Ingredients

- 1 lb./pack of bacon
- 1 head of cabbage

#### Instructions

- Fry bacon until crisp (save bacon grease)
- Put bacon to the side
- Chop cabbage roughly and remove core
- Fry leaves in bacon grease until tender
- Stir in bacon and serve hot!

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### Jail Mix Trail Mix - Frank L. Olms, Jr.

#### Ingredients

- 2.0 oz sunflower kernels (roasted and salted)
- 1.74 oz M&Ms (peanut or plain)
- 3.0 oz top ramen soup mix (spicy vegetable)

#### Instructions

- Break up the soup mix into small pieces. Put all the ingredients into a ziploc bag (I use an empty coffee bag). Start with the M&Ms, then the sunflower kernels, and finally the broken up soup mix.
- Shake to mix and blend.

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### Seed Crunch Bliss - Jason Kurtz

#### Ingredients

- 1 packet of pumpkin seeds
- 6 slices of bacon
- Salt
- Seasoning salt
- Garlic
- Butter
- Jalapeño juice
- 3 jalapeños

#### Instructions

- Break bacon into bits and put into hot pot on hot plate with seeds and a decent amount of butter.
- Use moderate amounts of salt and seasonings, and only a pinch of jalapeño juice.

- Dice several jalapeños and mix and heat all ingredients so that it looks shiny and oily.
- Cook in a hot pot, or on a hot plate, for 8-10 hours, stirring every 45 minutes.
- Then, take it off and let it sit for 10-20 minutes.
- Put in bag to snack on when desired.

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### Tater Tot - Mary Collins

#### Ingredients

- 1 ramen soup, any flavor
- 1 bag of potato chips (any kind)
- 1 bag of Cheetos (hot or regular)
- 1 meat and cheese twin stick (if desired)
- Assorted condiments

#### Instructions

- Crunch up soup, chips, and cheetos in a bowl
- Cut up meat and cheese in cubes. Add to the bowl.
- Put soup seasoning and one mayo into mixture and add hot water in small amounts until mixed well. Not too wet and not too dry.
- Spoon mixture back into Cheeto bag and fold over the top of the bag to seal. Let sit for about 3-5 minutes to cook.
- Tear bag open down the seam to lay flat open. Put mayo, catsup, cheese on top. Enjoy!

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### Brick - Edward Stoddard

#### Ingredients

- Cheese puffs
- Noodle packs
- Tuna packs
- Cheese squeeze
- 3 packets mayonnaise
- 1 packet pickle relish
- Onion chips
- Sour cream chips
- French onion chips

## Instructions

- Crush up a bag of cheese puffs until it is like powder then crush up 2 ramen noodle packs
- Mix the crushed up cheese puffs and the 2 packets of ramen noodles with one seasoning packet.
- Add a bit of hot water (you want it to be thick)
- Once you mix it up good in the cheese puff bag, you wrap it in a towel and let it sit.
- Then, in a bowl, you mix the packet of tuna fish, one cheese squeeze, 3 packets of mayonnaise, and one packet of pickle relish.
- Mix all that up in a bowl, then take a bag of sour cream chips and a bag of french onion chips and crush them up.
- Then, you get the cheese puff bag, cut the bag down the middle, and open it up
- Take your bowl mix with the tuna, cheese squeeze, mayo, and relish, and put that on top of the cheese puff soup block. Then, once you put all the tuna mix on top, you cover all of it with the 2 bags of crushed up chips.

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**Brick** - Marvin C. Jones Sr.

## Ingredients

- 1 bag of cheese puffs
- 1 cup of soup (recommended: hot and spicy flavored)
- 1 pack cheese squeeze
- 1 pickle
- 1 beef stick (recommended: summer sausage or Slim Jim)
- Optional: seafood (recommended: mackerel, tuna, oysters)
- Optional: refried beans and rice

## Instructions

- Open the bag of cheese puffs and crush them thoroughly, but don't damage the bag

- Crush the noodles (can crush the side of the cup of noodles a little to loosen the noodles inside the cup, then turn the cup upside down and slam the cup on its top on the floor a few times)
- Chop up a quarter piece of the pickle
- Dice up a quarter or half (depending on how much meat you like) of the beef stick
- Dump all the ingredients into the cheese puffs bag and shake it up nicely to mix it up
- If you had any of the other optional ingredients, add them to the cheese puffs bag and mix it up
- Add just enough hot water to cover half the ingredients
- Blend it all together by gently squeezing and mushing around everything in the bag. It should look semi-pasty when you are done.
- Squeeze ½ of the cheese squeeze in it and mix it some more
- Fold the top of the bag in a way so that nothing can leak out, and wrap the bag in a towel so the hot water can stay warm enough to swell the noodles up.
- Let it sit for about 10 minutes, then take the bag out of the towel and begin to flatten the bag and its ingredients out (slowly at first).
- The bag gives it a brick shape. Let it sit for a few more minutes after you flatten the bag.
- Eat up and enjoy.

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## Sauces

**Hot Sauce** - Deborah Roberts

## Ingredients

- 2 cups apple cider vinegar
- 4 lbs habanero peppers
- 6 piquin peppers
- 2 bell peppers

- 2 red onions
- 1 16 oz can pineapple
- 16 oz (1 can) stewed tomatoes
- 2 mangoes
- 2 tbsp crushed red pepper
- 2 tbsp crushed black pepper
- ¼ cup molasses

#### Instructions

- Blend everything together thoroughly and enjoy!

### Honey Mustard Sauce - Anthony Tinsman

#### Ingredients

- 4 parts honey
- 4 parts mayo
- 1 part mustard
- 1/8 part lemon juice

#### Instructions

- Stir until ingredients are consistent. Let set for 4 hours and serve.

### Barbecue Sauce for Chicken - Clifford

Fulford

#### Ingredients

- 4 soy sauce packets
- 4 sugar packets
- 1 chili seasoning
- 1 beef or chicken seasoning
- 30 ketchup packets
- 10 mustard packets

#### Instructions

- Mix all ingredients together

## Editor's Corner

Hello again!

Hope you've all been having fun spicing things up and getting creative with your cooking! I just wanted to share a few culinary tips and one of my own favorite recipes with you!

-Amber

**Tip:** Enhance meat's flavor with a dry rub or zesty marinade!

- Using instant coffee as a dry rub on meat (particularly beef or pork) before

cooking can bring out its flavor. Consider mixing the coffee with other spices such as chili powder, onion powder, garlic, etc. It also goes well with BBQ sauce.

- Cocoa/chocolate powder can also make a great dry rub for beef, adding depth and richness to the meat's flavor, and can be combined with a coffee rub or more savory spices as well.
- This may sound odd, but soda can be used as an amazing marinade or glaze for meat. Root beer is my personal favorite and combines well with smokey BBQ flavors, but any Cola would work well.

Now for one of my favorite foods: samosas! These triangular pastry pockets are a staple snack in my Pakistani culture, and are often filled with savory potato/vegetable mixtures.

### Recipe: Samosas & Mint Chutney

#### Ingredients

- Potato
- Peas (substitute: other vegetable or beans)
- Oil
- Onion, garlic, & ginger
- Jalapeño or other pepper/spice
- Salt
- Flour (can be substituted)
- Water
- Flour tortillas
- Cilantro (if available)
- Mint leaves (substitute: mint candy or tea)
- Lemon juice

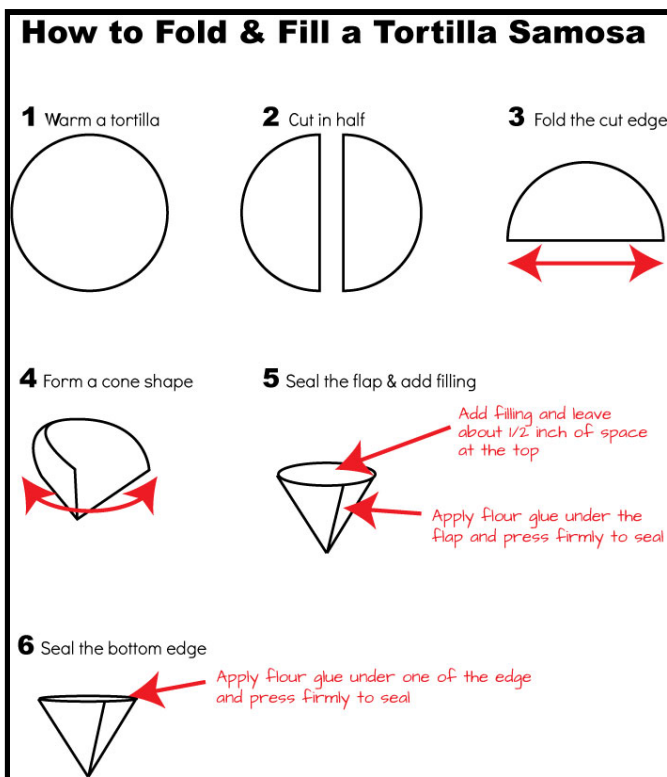
#### Instructions

- Heat up potato and cut into small chunks or mash
- Warm up oil and heat onion, garlic, and ginger (if available) together. Add in chopped jalapeño or other pepper for spice.
- Add in potato and peas (or beans/lentils) and cook. Salt to taste.
- Warm flour tortilla, cut in half, and fold into a cone shape as shown in the following illustration, using a flour-water mixture or other substitute as "glue" to seal the side.[ Cont. bottom of pg24]

## Meals, Sides, and Sauces

### A Prisoner Express Cookbook Made with your help

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- Fill with potato-peas mixture, then seal the top
- Fry in oil (if possible) or heat in microwave
- To make the chutney, combine garlic, ginger, chili peppers or jalapeños and grind together. Then, add cilantro (if available), mint leaves (can substitute mint candy or a splash of strong mint tea), lemon juice, and water, and grind together into a paste.
- Dip your samosas in the chutney and enjoy!