



SUN OVENS  
INTERNATIONAL

RECIPES AND COOKING TIPS

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# Breads and Grains

## **BANANA BREAD**

1/2 cup shortening (or combo of butter or margarine)  
1 cup brown sugar  
2 eggs  
2 mashed bananas  
1/2 cup nuts  
2 cups sifted flour  
1 tsp soda  
1/2 tsp salt.

Mix all above together and bake at 300 degrees for an hour and 15 minutes in a greased pan.

OR YOU MAY ALSO: Double the recipe, freezing ½. You may also substitute 2 cups whole wheat pastry flour, and 1 cup regular wheat flour and 1 cup white cake flour for the 2 cups sifted flour. Another substitution is to use 1 stick butter and 1 stick margarine in place of shortening.

## **BREAD (HOME BAKED)**

3 cups bread flour  
1/2 cup corn meal or whole wheat flour  
1 tsp salt  
1 Tbsp olive oil  
1 1/4 cups water  
2 tsp yeast  
1 Tbsp gluten (optional)

We use a bread machine to do all the work. Just before it starts to bake, remove the dough to a greased loaf pan and place in the microwave oven with 2 cups of hot water. Dough should double in size in about 35 minutes. Remove to your 325° F SUN OVEN® and bake for approximately 45 minutes. For a better crust, brush loaf top with salt water five minutes before done. Test for doneness by tapping the loaf; if it sounds hollow, the bread is done.

## **BUTTERMILK CORNBREAD**

Adapted from "Cooking with Sunshine" (Marlowe & Co., 2006), by Lorraine Anderson and Rick Palkovic. Those who like sweet cornbread may want to double the amount of syrup or honey.

1 cup cornmeal  
1 cup unbleached white flour  
2 1/2 tsp baking powder  
1/2 tsp salt  
2 Tbsp maple syrup or honey  
2/3 cup buttermilk  
1/3 cup milk (for conventional cooking only)  
1/3 cup melted butter  
1 egg  
1 cup corn kernels, frozen and thawed or fresh and cooked

Preheat a solar oven for 20 minutes. Grease a 9-inch round baking pan; it should be a dark one for a solar oven.

In a large bowl, stir together the cornmeal, flour, baking powder and salt. In a separate bowl, combine the maple syrup, buttermilk, butter, egg and corn. Gently stir the liquid mixture into the flour mixture.

Pour batter into prepared baking pan. Cover pan with a clear or dark lid, and place in the solar oven until a toothpick inserted into the center comes out clean, 1 to 2 hours. Cool and cut into 3-inch squares.

## CINNAMON & RAISIN BREAD

Makes 1 Loaf or 3 - 4 pints

- 1 recipe wheat bread (use white wheat if possible)
- 1/8 cup butter
- 2 tsp cinnamon
- 2 Tbsp sugar
- 1/4 cup raisins

Make the bread recipe and before you roll it into a loaf, spread the butter on the dough, sprinkle on raisins and a mixture of sugar and cinnamon. Roll it up, place in loaf pan or jars and bake until browned.

## CORNBREAD

Makes (1) 8x8 pan or 3-4 pints

- 1 2/3 cup flour
- 1 2/3 cup yellow cornmeal
- 2/3 cup sugar
- 2 eggs
- 5 tsp baking powder
- 1/4 cup dry milk,
- 1 tsp salt
- 1/3 cup melted shortening
- 1 1/4 cup water



Mix your eggs. Melt 1/3 cup shortening. Mix the flour, sugar, baking powder, salt and dry milk in a large bowl. Stir in the cornmeal until well blended. Add eggs and water and stir until the batter is smooth. Gently stir in the melted shortening just until blended. Do not over-stir. Pour into your greased pan or jars and bake for 60 to 80 minutes or until browned.

## **CORNBREAD**

1 package Jiffy Corn Bread Mix  
1 chopped green onion  
1 egg  
Buttermilk

Mix first three ingredients with enough buttermilk to get the right consistency. Bake in preheated SUN OVEN® at 325° F for approx. 70 minutes or until done.

## **GRAHAM CRACKERS**

1 1/2 cups white flour  
3/4 cup wheat flour  
1/2 tsp salt  
1/3 cup brown sugar  
1/3 cup shortening  
1/3 cup honey  
3 Tbsp water  
2 tsp cinnamon  
2 tsp sugar

Combine all dry ingredients except cinnamon and sugar. Cut in shortening to consistency of cornmeal. Stir the honey and water into dry ingredients. Divide in half and roll each half out onto ungreased cookie sheet to 1/4" thickness. Cut into squares and prick with a fork. Sprinkle with cinnamon and sugar and bake 15 - 25 min. Store in airtight container.

## **GRANOLA**

Makes 5 cups or 3 pint jars

3 cups oats  
1/3 cup honey  
1 cup sliced almonds  
1 tsp cinnamon  
1/4 cup shortening  
1/2 tsp salt  
1/2 cup raisins

Melt the shortening. Place all the ingredients (except raisins) in a large bowl and mix well. Spread onto a shallow pan (or put into 3 uncovered pint jars) and bake until browned (60 minutes or longer). It shouldn't have to be stirred but you can turn the jars half way through. Watch it closely so it doesn't burn. For jars, add the raisins and place a lid and ring on the jar as soon as you remove it from the oven. The jar will seal and keep the granola fresh for weeks. For pans, let it cool, add the raisins and store in airtight containers.

## **GRAPE NUTS**

Makes 4 cups

6 cups whole wheat flour (4 cups wheat)  
1 cup brown sugar  
2 cups buttermilk (2 cups water, 2/3 cup powdered milk and 2 Tbsp vinegar or lemon juice)  
1 tsp baking soda  
1 tsp salt

Mix everything in a bowl, press onto two cookie sheets and bake until dry (1-2 hours) Grind with a meat grinder to the size of grape nuts and bake again until golden brown. Cool and store in airtight container. You will need to add the separate serving of 1/2 cup water, 1/8 cup dry milk and 1 Tbsp sugar to your totals.



## **NO-KNEAD BREAD**

3 cups all-purpose flour  
1/4 tsp granular yeast  
1 3/4 tsp salt  
1 1/2 cups plus 2 Tbsp water  
Cornmeal for sprinkling

Combine flour, yeast, and salt in a large bowl. Stir in water till the mixture is blended. The dough will be loose and wet. Cover the bowl with plastic wrap and let the dough rise at room temperature 12 to 19 hours- the longer the better.

Flour a work surface and turnout the dough on it. Flour your hands and sprinkle the top of the dough lightly with flour. Turn the dough over on itself a couple times and then let it rest 15 minutes. Form the dough into a ball using as little flour as possible. The dough will seem somewhat fluid but it will form a ball. (It's tempting to use a lot of flour here but don't. The dough should stay moist.)

Transfer the dough to a baking pan or dish with a greased bottom sprinkled with corn meal. Dust the top of the bread with corn meal, flour, or oatmeal (or nothing.) Place the dish in the sun oven...no need to preheat the oven. Bread is done when it has a golden crust and sounds hollow when the top is tapped on.

## **OATMEAL**

Makes 1 cup

1/2 cup rolled oats (or quick)  
1 cup water  
pinch of salt

Place salted water and oats in separate canning jars or covered pots and heat. When heated, add warmed oats to hot water and cook to desired consistency. Serve with milk and sugar. Add raisins or dried apples. You will need to add the separate serving of 1/2 cup water and 1/8 cup dry milk and 1 Tbsp sugar to your totals.

## **OATMEAL RAISIN MUFFINS**

Makes 12 muffins

1 egg  
3 tsp baking powder  
1/2 cup milk (1/8 cup dry + 1/2 cup water)  
1/2 tsp salt  
1/2 cup raisins  
1/4 tsp ground nutmeg  
1/2 cup melted shortening  
1/2 tsp cinnamon  
1/3 cup sugar  
1 cup white or wheat flour  
1 cup rolled oats

Melt the shortening. Mix egg, milk, raisins and shortening. Add remaining ingredients and stir just until moistened. Fill muffin cups 3/4 full or mason jars just over half full. Bake until browned.

## **WHEAT CEREAL**

Makes 1 1/4 cups

1/2 cup wheat  
1 cup water

Soak overnight (1 or 2 more cups of water will be needed to cook). Place water, soaked wheat and pinch of salt in a jar or pot with tight fitting lid. Cook 2 hours. Add water as needed. You will need to add the separate serving of 1/2 cup water and 1/8 cup dry milk and 1 Tbsp sugar to your totals.

## **WHEAT MUFFINS**

Makes 12 muffins

2 cup wheat flour  
1/2 cup melted shortening  
1 cup sugar (or brown sugar)  
1 egg  
1/4 tsp salt  
1 tsp vanilla  
1 tsp baking soda  
3/4 cup water  
1/3 cup dry milk  
1/4 cup raisins

Melt shortening. Mix dry ingredients in a bowl. Mix liquid ingredients, raisins and egg and pour over the dry mixture. Stir just until moistened. Spoon into greased muffin tins or fill mason jars to just over half full. Bake until browned.

## **WHEAT THINS**

1/2 cup wheat flour  
1/2 cup white flour  
1/2 tsp salt  
1/4 cup shortening  
1 Tbsp dry milk and 1/4 cup water  
1 tsp molasses

Melt shortening. Mix dry ingredients in large bowl. Combine milk and molasses and stir into dry mixture. Place a ball of dough the size of a tennis ball in the middle of a greased cookie sheet and cover with a sheet of waxed paper. Roll out thinly, covering sheet. Peel off the waxed paper and cut with pizza cutter into desired shapes. Bake 30 - 40 minutes or until browned. Salt while hot.

## **WHOLE WHEAT BREAD**

In a large bowl or Bosch, put the following:

9 cups whole wheat flour (I like white wheat flour the best)

2 rounded Tbsp yeast

1/2 cup potato flakes

1/4 tsp Vitamin C powder or crystals (optional)

2 cups buttermilk

4 cups warm water (not hot!)

Mix for 1 minute, cover and let set for 10 minutes

Then add: 1/2 cup oil

2 eggs

1/2 cup honey

1 1/2 Tbsp salt

Stir to combine, and then add 5 to 6 cups whole wheat flour. Add the flour one cup at a time until it cleans the sides of your Bosch. Don't add any more flour than necessary! Knead for 5 minutes. Remove from bowl and put into a greased bowl, cover with a towel, and let rise until double. Then form into five loaves and put in greased bread pans and let rise until double again. Bake at 375 for about 25 minutes. Butter the tops of your hot bread and enjoy! This bread is very light for being 100% whole wheat.

## **WHOLE WHEAT BREAD**

Makes one loaf or 3 - 4 pints

2 tsp yeast

1 cup water

3 cups wheat flour

1 1/2 tsp salt

2 Tbsp applesauce or shortening

1/4 cup sugar or honey

Warm 1/4 cup of the water, stir in the yeast and set aside. Mix 2 cups of the flour, the melted shortening, sugar, salt and the rest of the water in a large bowl. A little at a time, add enough of the rest of the flour, kneading until smooth and elastic. Cover the bread and let it rise until doubled in size. Punch down the dough, shape it into a loaf, place into a greased pan or jars, cover and let it rise again until doubled. Bake for 45-60 minutes or until browned.



# Desserts

## **AMARATH COOKIES (VEGAN)**

7 cups puffed amarath cereal  
1 cup wholewheat flour  
1/2 cup oatmeal  
1/2 cup ground flaxmeal  
1/2 cup ground almonds  
1/2 cup shredded coconut  
1 Tbsp pure cocoa powder (2 for chocolate lovers)  
1 tsp ground cinnamon  
1 cup fresh squeezed orange juice  
1 mashed ripe banana  
1 grated apple (in Mexico we used grated guava without the seeds)  
1 tsp real vanilla extract  
1 Tbsp virgin olive oil  
1-2 Tbsp honey or molasses  
pinch of sea salt  
optional: raisins or other dry fruit

Mix dry ingredients well in large bowl or bucket. Prepare orange juice, mash the banana, add grated apple, sweetner, oil and salt. Blend all together and add to dry ingredients. The puffed amarath starts to deflate with the liquid, and the flaxmeal makes the batter hold together.

You may need more or less liquid, to make the batter stick, but not be too wet. Using a serving spoon for a mold, press batter into spoon, and slide out onto lightly oiled cookie sheet, 8-12 cookies. This gives them sort of a shape of an almond, depending on spoon. You may also use your hands (oiled), to shape the cookies. The batter gets sticky. By using the spoon shape, the cookies are kind of thick in the middle and thinner on the edges. Place in SUN OVEN and bake 30-40 minutes, at 150° C / 300° F. We had our cookies be crispy outside and chewy inside. Experiment with temperature and time to make the cookie crunchy or moist. These cookies are super energetic and wonderful for breakfast or anytime. Makes 20+ cookies, depending on size.

## **APPLE CRISP**

Makes (1) 9x12 pan

2 cups dry apples  
3 cups water  
2 Tbsp + 1 tsp cornstarch  
3/4 cup sugar  
1/3 tsp salt  
1 tsp cinnamon  
1/3 tsp nutmeg  
2 Tbsp lemon juice

Topping:

1 cup rolled oats  
1 cup brown sugar  
1 cup flour  
1/4 tsp salt  
1/3 tsp baking powder  
1/2 cup shortening

Mix dry ingredients for apple crisp in large covered pot, add water and lemon juice; mix well. Bake in covered dish 1 to 2 hours or until done. Mix the topping with pastry blender or fork, spread over cooked apples and return to oven for 30 to 40 min (uncovered) until browned.

## **BROWNIES**

Makes (1) 8x8 pan or 4 pint jars

1 cup shortening  
2 cups sugar  
2 cups white flour  
1 tsp vanilla  
4 eggs  
2/3 cup baking cocoa  
1/2 tsp baking powder  
1/2 tsp salt  
optional: 1 cup chopped walnuts

Mix shortening, sugar and vanilla. Add eggs and mix. Add flour, cocoa, baking powder, salt and vanilla and mix. Bake in 8x8 pan (or jars) about 45 minutes or until done.

Frosting:

6 Tbsp shortening  
6 Tbsp cocoa  
2 Tbsp corn syrup  
1 tsp vanilla  
2 cups powdered sugar  
2 to 4 Tbsp milk



## **CHOCOLATE CAKE**

Makes (1) 9x12 pan or 6 pints

3 1/4 cups white flour  
2 tsp baking soda  
1 tsp salt  
1 1/2 cups sugar  
1/2 cup cocoa  
1/2 tsp baking powder  
2 cup water  
2Tbsp vinegar  
2/3 cup melted shortening  
5 tsp vanilla  
1/2 cup chocolate chips  
1/2 cup walnuts

Melt shortening. Combine dry ingredients in large bowl. Mix together melted shortening, water, vinegar and vanilla and stir into the dry mixture until smooth. Pour into 9x12 greased and floured pan (or greased jars) and bake for 30 to 40 minutes or until done.

## **CHOCOLATE CHIP COOKIES**

Makes 3 dozen

1 cup shortening  
3/4 cup sugar  
3/4 cup brown sugar  
1 tsp vanilla  
2 eggs  
2 1/2 cups white flour  
1/2 tsp water  
1 tsp salt  
1 tsp baking soda  
1 cup chocolate chips  
1 cup nuts

Mix shortening, sugars, vanilla, water, soda and salt until creamy. Add eggs, flour, nuts and chips. Bake in oven on cookie sheets or in jars until done.

## **CHOCOLATE-MINT RICOTTA MOUSSE**

A velvety-smooth mousse with a secret!

Serves 6

2-1/2 squares unsweetened chocolate  
1/2 cup honey  
1-15 oz. container low-fat ricotta cheese  
1/4 cup spearmint leaves, packed

Measure the honey in a heatproof cup. Break up the chocolate squares and add them to the honey, pushing the chocolate down so it is covered. Heat honey and chocolate in a solar oven just until the chocolate melts.

Scrape the honey and chocolate into a blender. Add the ricotta cheese and mint leaves. Blend until liquid and smooth. You may have to stop the blender frequently and scrape down the sides, pushing the cheese down onto the blender blades.

When smooth, pour into a serving dish or individual cups. Chill for at least two hours before serving. Garnish with fresh mint leaves.

## **CHOCOLATE PUDDING OR PIE**

Makes 7 cups

3 cups pudding mix  
5 1/3 cups water (1/4 to 1/3 ratio)

In a container with a tight lid, combine mix and water and shake until blended. Let sit for 5 to 10 min until set. Use as a pudding or make a graham cracker crust and have pie.

To make a pie crust, crumble enough crackers to equal 1 cup of crumbs. Add 1/3 cup brown sugar and 1/4 cup melted butter and press into a pie pan. Use as is or you can bake the crust in the oven until browned.

## PEACH & BLACKBERRY COBBLER

For top crust:

1 cup flour

1/4 tsp salt

1/4 tsp nutmeg

1 1/2 Tbsp sugar

6 Tbsp chilled butter, cut into small pieces

2 ounces chilled cream cheese, cut into small pieces

For fruit filling:

2 pounds peaches, or about 4 cups peeled, pitted and sliced peaches

3 cups blackberries, washed

1/4 cup quick tapioca

1/2 cup sugar

1/2 tsp cinnamon

Ice cream or whipped cream, to serve



Special to the Chronicle / John Lee

To prepare the top crust (can be done by hand or food processor): Combine flour, salt, nutmeg and sugar and stir or process until blended. Add small chunks of butter and cream cheese, and stir or process until moist clumps form. Form into ball, flatten slightly, wrap loosely and chill for 1-2 hours.

Preheat the solar oven for 30 minutes. Butter a dark 8- or 9-inch round casserole with a lid. You can also use an 8-by-8-inch pan and cover it loosely with a dark or black pan, even a round one, as long as it covers most of the pan.

Place dough on a lightly floured cool surface and roll out into a pie crust that will fit over your chosen pan or use large cookie cutters to cut into decorative shapes. Alternatively, cut into strips to make a lattice top.

In a large bowl, gently combine the peaches, blackberries, tapioca, sugar and cinnamon. Place the fruit in the prepared pan and top with the crust or cut shapes. If using a large crust, poke holes in it to allow steam to release.

Cover the dish. Bake in solar oven until crust is cooked through and lightly browned, about 1 1/2-2 hours. Uncover during the last 1/2 hour of cooking if using a tight-fitting lid. Cool at least 20 minutes before serving. Serve warm with ice cream or whipped cream.

## RICE CEREAL OR RICE PUDDING

Makes 4 cups

1 1/2 cups rice  
4 cups water  
1 tsp salt  
3 Tbsp sugar

pudding:

2 eggs,  
1/2 cup raisins,  
1/4 tsp nutmeg,  
1/4 tsp vanilla

Place salted water and rice in canning jars or covered pots and place in solar oven. When water is hot, add warmed rice and cook for 40 to 50 minutes or until rice is done. Add milk and sugar. For rice pudding, add 2 or more eggs, sugar, raisins and nutmeg to the hot rice. Stir well and return to the oven, repeating the process until rice is thick like pudding. Add vanilla and stir. Add 1/2 cup milk if desired. You will need to add the separate serving of 1/2 cup water and 1/8 cup dry milk and 1 Tbsp sugar to your totals.

## SOLAR SCONES

- 1/2 cup whole flaxseed
- 1 cup all-purpose flour plus more for kneading
- 1 cup whole-wheat flour
- 1 cup quick-cooking rolled oats
- 1/2 cup packed brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 3 Tbsp olive oil
- 3 Tbsp natural applesauce
- 1 cup chopped walnuts
- 1 cup dried cranberries, blueberries, cherries or raisins
- 1 cup skim milk



Grind whole flaxseed to the consistency of meal in a food processor. In a large bowl, mix flours, oats, ground flaxseed, sugar, baking powder, baking soda and cinnamon. Add olive oil and cut it into the dry ingredients with a pastry blender. Fold in applesauce, walnuts and dried fruit. Add milk; stir just until all ingredients are mixed.

Lightly sprinkle all-purpose flour over the mixture. Knead by hand until the ingredients hold together and the dough ball does not stick to the bowl.

Turn out the dough onto a lightly floured surface. Press the dough into a circle approximately 10 inches in diameter. Cut the dough into eight even wedges.

On a clear day between 10 a.m. and 3 p.m., position the solar oven in direct sunlight.

Place four scones in an iron Dutch oven or a dark enamelware pan and cover. When the temperature on the oven thermometer reads between 240 and 280 degrees, bake four scones for 60 minutes. Repeat with the remaining four scones.

## **SPICE CAKE**

Makes (1) 9x12 pan or 6 pint jars

3 cups white flour,  
2 cups sugar  
1 tsp salt  
2 tsp baking soda  
1 1/2 tsp ground cloves  
2 1/2 tsp cinnamon  
2 1/2 tsp nutmeg  
2/3 cup melted shortening  
2 Tbsp vinegar  
1 1/2 cups water  
2 eggs  
2 Tbsp vanilla  
grease pan with 1 tsp shortening and 1 tsp flour  
optional: 1/2 cup raisins and 1/2 cup walnuts

Melt the shortening in solar oven. Mix dry ingredients in a bowl. In another bowl, mix the melted shortening, water, vinegar, eggs and vanilla and stir into the dry mixture until smooth. Pour into a greased and floured 9x12 pan or greased jars and bake about 1 1/2 hours or until done.

## **TAPIOCA PUDDING**

Makes 9 cups

1 cup sugar  
9 Tbsp minute tapioca  
2 1/4 cups dry milk and 7 1/2 cups water  
3 eggs  
1 Tbsp vanilla

Put all ingredients except vanilla into your painted canning jar. Cook in solar oven for about 30 minutes. Remove, shake well and return to oven. Continue cooking and shaking jar every 15 - 20 minutes until tapioca swells up (total time: 60 -75 min). Add vanilla, shake and pour into dishes. Pudding thickens as it cools.

## WHEATLESS APRICOT CAKE

3/4 cup soft butter  
1/3 cup sugar  
1/3 cup honey  
1/3 cup maple syrup  
1 1/2 tsp baking powder  
4 large eggs  
1 cup rye flour  
1/2 cup rice flour  
8 to 10 apricots (washed and halved)  
Vanilla ice cream (optional)



Preheat solar oven to 350°. Butter an 8-by-8 inch glass pan or other solar oven pan.

In a medium bowl, add ingredients in order listed, mixing well after each ingredient. Spread batter evenly in the pan and top with fresh apricot halves. Bake for 2 1/2 to 3 hours in solar oven. Serve with vanilla ice cream, if desired.

## WHOLE WHEAT CHOCOLATE CHIP COOKIES

1 cup butter or margarine  
1 cup Butter Flavor Crisco  
1 1/3 cups honey  
1/2 cup powdered milk  
4 eggs  
2 tsp vanilla  
3 cups whole wheat flour  
2 cups oatmeal  
2 tsp baking soda  
2 tsp salt  
2 cups chocolate chips  
1 cups chopped pecans or walnuts

Mix butter, Crisco, honey, milk, eggs and vanilla until smooth. Add wheat flour, oatmeal, baking soda and salt. Stir in chocolate chips and nuts. Bake at 375 for about 12 minutes.



## Meats and Seafood



## **ASIAN MEATBALLS with HOT RICE**

This dish is as colorful as it is tasty. It can be prepared ahead of time and reheated before serving. Although it looks complicated, the three stages are easily accomplished and well worth the effort.

Meatballs:

- 1 pound ground beef
- 1 cup bread crumbs
- 1/2 cup chopped onion
- 1/4 tsp dry mustard
- 1 tsp salt
- 1/8 tsp pepper
- 1 egg (beaten)

Mix ingredients by hand or with your Cuisineart. Form into small balls. Spray pan with Pam and arrange meatballs. Cook in preheated oven at 325° F for about 50 minutes.

Sauce:

- 1 cup juice from a 17-oz. can of chunk pineapple (reserve fruit)
- 1/2 cup brown sugar
- 1 tsp ground ginger
- 1/2 tsp salt
- 2 Tbsp cornstarch
- 3/4 cup cider vinegar
- 2 Tbsp soy sauce

Cook, stirring constantly, until thickened. Set aside.

- 1 green pepper, cut in one-inch pieces, slightly blanched.
- Drained pineapple from can (above)
- 1 large or 2 small tomatoes, cut in 8 pieces.

Arrange over meatballs. Pour sauce over all and pop into your SUN OVEN® to reheat for about one hour before serving. Serve over hot rice. (Turn lid upside down and cook a small pot of rice on top of the dinner. Rice should be done in one hour when dinner is ready to serve.)

## **BARBECUED CHICKEN**

1 cut-up chicken (about 3 pounds)  
1/2 cup vinegar  
2 Tbsp Worcestershire sauce  
1 tsp paprika  
1 Tbsp sugar  
1/2 cup ketchup  
1/2 tsp pepper  
1 clove garlic, minced

Place chicken pieces in a dark pan. Combine remaining ingredients and pour over the chicken pieces. Cover and bake in solar oven for 2 to 3 hours. Makes 4 servings.

## **BEEF & BEANS**

Makes 8 cups (Start early....beans take a long time)

1 pound washed pinto beans (2 1/2 cups)  
7 cups water  
1 pint bottled beef (undrained)  
2 tsp salt  
2 or 3 Tbsp dried onion  
1/2 tsp thyme  
1/4 tsp garlic powder  
1/4 tsp basil  
1 tsp parsley  
1/4 tsp pepper  
1 bay leaf

Place water in covered pot and heat to as close to boiling as possible. Add beans. Cover and soak out of the oven for 1 hour. Do not drain. Add all other ingredients and simmer 4 or 5 hours or until done.

## **CHICKEN ALFREDO**

Makes 10 cups

1 recipe Alfredo sauce  
1 pint bottled chicken (drained)  
1 pound spaghetti noodles  
8 c water  
1 or 2 Tbsp parsley  
1/2 or 1 tsp garlic powder  
1 tsp salt  
1/2 tsp salt  
1/8 tsp pepper

Make the Alfredo sauce. Heat salted water and spaghetti in separate large covered pots (or canning jars with lids). Add warmed spaghetti to hot water, cook 15 - 20 minutes and drain. Stir noodles, sauce, parsley, garlic, salt, pepper and chicken together gently and return to oven for 20 minutes or until hot.

## CHICKEN CREOLE

Makes 10 cups

1 1/2 cups rice  
3 cups water  
1/2 tsp salt (5 c cooked rice)  
1 pint bottled chicken (drained)  
1/4 cup dried celery  
1/4 cup dried carrots  
1 bay leaf  
1 cup tomato powder  
2 cups water  
2 Tbsp dried onion  
1/2 tsp sugar  
1/2 tsp seasoning salt  
1/4 tsp pepper  
4 tsp Worcestershire sauce  
3 Tbsp cornstarch  
1 cup water  
1/4 cup dried parsley  
optional: 1/2 cup dried mushrooms

Split the 3 cups of water, 1/2 tsp salt and 1 1/2 cups of rice between two canning jars, cover and cook about 40 min. Hydrate vegetables. In a large covered pot, put vegetables, tomato sauce, bay leaf, sugar, salt, pepper and Worcestershire sauce. Cook 30 to 45 minutes. Put the 1 cup of water or broth and cornstarch in another jar and shake until smooth. Add chicken and cornstarch mixture to vegetable mixture and cook uncovered until thickened. Serve over the rice.

## **CHICKEN DELIGHT**

Makes 9 cups

1 1/2 cups rice  
2 Tbsp beef soup base  
3 Tbsp dried onion  
1/2 recipe cream mushroom soup  
1/2 tsp salt  
1/4 tsp pepper  
2 cups water  
1 pint bottled chicken  
optional: 1/2 cup dehydrated mushrooms  
(May use broth and water to equal the 2 cups liquid)

Mix all ingredients in a large covered pot. Cook in solar oven for 4 hours or until rice is cooked. Remove lid and cook another 1/2 hour or until browned.

## **CHICKEN FRICASSEE**

Makes 6 cups of broth and 8 cups of potatoes

4 tsp chicken soup base  
4 cups water  
4 tsp dry onion  
1 tsp salt  
1/2 tsp pepper  
1/2 cup white flour and water as needed  
1 pint bottled chicken (undrained)  
6 cups instant potatoes  
4 to 6 cups water

Combine the 4 cups of water, soup base, undrained chicken, onion, salt and pepper in a large covered pot. Place the 5 1/2 cups of water in another covered pot (or jars) and heat both pots in solar oven until hot. Take out the broth and slowly add flour and water mixture. Return to the oven to thicken. Take out the pot of hot water and stir in instant potatoes. (Make sure they are nice and thick) Place the potatoes on a plate, scoop the center to the sides, making a “bowl” and spoon the chicken and broth mixture into the “bowl”.

## **CHICKEN & RICE CASSEROLE**

Makes about 12 cups

- 1 recipe cream of mushroom soup
- 1 Tbsp lemon juice
- 1/2 tsp salt
- 2 cups rice
- 4 cups water
- 1 tsp salt (don't add salt if broth is used)
- 2 Tbsp dried onion
- 1 pint undrained bottled chicken
- 1/4 tsp pepper
- 1/3 tsp paprika
- optional: 1/3 cup dried celery and 1/2 cup sliced toasted almonds

Add broth and water to make 4 cups. Add the rice to the liquid and cook in solar oven about 40 minutes or until done. In a large covered dish, mix the cream of mushroom soup, lemon juice, onion, paprika, pepper, salt, chicken and cooked rice. (And optional celery and almonds) Cover and bake until done.

## **WHOLE CHICKEN**

Whole chickens roasts beautifully in 3-4 hours. Stuff a whole lemon inside before you bake it.



## **WHOLE CHICKEN WITH VEGGIES**

- 1 pound carrots
- 8 potatoes
- 1 onion (medium sized)
- Whole chicken
- Mrs. Dash seasoning

Chop and skin carrots. Chop potatoes and onion. Place the chicken on top of the vegetables in a 5 quart pot. Sprinkle Mrs. Dash liberally over the top of the chicken. You will need to remove the levelator to get this size pot in the oven. Be sure to place something under the pot to lift it off the bottom of the oven so that the air can circulate. Cook approximately 3-4 hours.

## CHICKEN VEGGIE CASSEROLE

Pre-cooked rice  
Chicken or turkey  
Cream soup  
Veggies  
Cheese



Assemble pre-cooked rice, chicken or turkey, cream of anything soup and available veggies. Sprinkle cheese on top and bake in solar over for a couple of hours. Freeze ahead for an easy Saturday meal.

## FLANK STEAK

Marinade:

¼ cup soy sauce  
3 Tbsp honey  
2 Tbsp cider vinegar  
½ tsp ground ginger  
½ tsp garlic powder  
¾ cup salad oil  
1 green onion, finely chopped

Marinate steak in refrigerator for three hours. Roll flank steak and skewer or tie with string. Insert thermometer in meat and cook in preheated 325° F SUN OVEN® until desired temperature is reached. (We cook this to the rare stage on the thermometer.)

## GIRL SCOUT CAMP SUPPER

Serves One

1 or 2 (frozen) hamburger patties  
1 cup frozen hashed brown potatoes (or one thinly sliced potato)  
1/2 cup frozen corn per serving  
3 pats of butter  
Salt and pepper to taste.

Arrange in layers in covered baking dish. (The corn on the bottom, then potatoes, butter and seasonings, the frozen burger on top to brown.) Cover and bake in **SUN OVEN®** for two hours.



## **MEAT LOAF**

1½ lbs ground beef  
1 cup tomato juice  
1 egg  
1/4 cup chopped onion  
1/2 tsp salt  
1/4 tsp pepper  
3/4 cup rolled oats or breadcrumbs

Preheat SUN OVEN®. Combine ingredients. Bake in loaf pan at 325° F for 1½ hours.

## **PORK CHOPS**

2 fairly thick pork chops  
Flour  
Salt and pepper

Coat chops with flour, salt and pepper. Sear on both sides. Place in a dark pan, uncovered, and bake in preheated 360° F SUN OVEN®. The temperature may drop to 325-350° F. Remove from oven and cover with gravy; return to oven for about 45 minutes. Best pork chops ever! Great served with rice.

## **PORK LOIN ROAST**

2 pound pork loin roast  
Salt and pepper

Rub meat with salt and pepper. Brown on all sides in an iron pot on top of stove. Place in preheated SUN OVEN® and cook at 325-340° F until thermometer shows 170-180° F internal temperature (about 2 1/2 hours).



## **PORK SPARE RIBS**

(Baby-back ribs)

1 rack ribs

Barbecue sauce (Ingredients below)

1 onion, chopped

1 cup ketchup

1/2 cup molasses

1/4 cup brown sugar

1/4 cup cider vinegar

3 Tbsp prepared mustard

1/2 tsp liquid smoke

Salt and pepper to taste

Sauté onion in small amount of oil. Add remaining ingredients and simmer for 30 minutes. Boil ribs in water for 15 minutes. Place ribs in a dark baking pan and cover with half the sauce. Use balance of sauce to brush on during cooking. Cook in preheated 325° F oven for 2 hours.

## **POT ROAST WITH RICE OR NOODLES**

2-4 lb. boneless chuck roast

Cream of mushroom soup

Rub in whatever spices you prefer, I use salt and coarse ground pepper. Spread over the roast and add a full can of Cream of Mushroom soup. Cook covered for approximately 4 hours at 300° F. Lift roast from pan (will fall apart). Stir cooked rice or noodles in the liquid left in the bottom of the pan.

## **POTATO MEAT PIE**

1 lb ground beef  
2 2/3 cups instant potato flakes  
1 egg  
1 tsp salt  
1/8 tsp pepper  
1 Tbsp minced onion  
1/4 cup ketchup  
1 cup milk  
1/8 cup margarine (1/4 cube)  
1/2 cup shredded cheese

Mix beef, 1 1/3 cup dry potato flakes, egg, 1/2 tsp salt, pepper, onion, ketchup, and 1/2 cup milk. Place in 2 loaf pans. Bake 325-350 degrees for approximately 1 hour 15 minutes in Sun Oven (until meat is cooked.)

### Potato Topping

Boil 1 1/3 cups water with 1/8 cup margarine and 1/2 tsp salt. Remove from heat and add 1/2 cup milk to boiling water. Stir in 1 1/3 cups dry instant potato flakes. Spread on top of meatloaf. Top with shredded cheese. Return to Sun Oven until cheese is melted

## **RICE, VEGGIE AND SAUSAGE SUPPER**

2 cups cooked rice  
1 cup cubed or shredded cheese  
1 can cream of anything soup  
1 onion (small), chopped  
1 cup frozen mixed vegetables  
3--6" pieces Cheddar-wurst or other Bratwurst or Polish Sausage (about 1 lb) sliced into 1 inch bite-sized pieces.  
Seasonings of choice  
(Can pre-cook rice in chicken broth)

Gently mix all ingredients together. Spread in baking dish. Place in SUN OVEN at 325° F and let casserole stay in the oven for two hours. Serves four, or two hungry guys.



## **ROAST CHICKEN**

Roasting chicken

Margarine

Salt and pepper

Rub chicken with margarine, salt and pepper. Cook in covered baking dish, using basting syringe to baste occasionally with pan drippings. When meat thermometer reads 180° F chicken is done (about 4 hours).

## **RUMP ROAST**

3 pound rump roast

Flour

Salt and pepper

3 cloves of garlic

Onions

Potatoes

Carrots

Turnip

2 cups beef bouillon

cornstarch

Sear meat on all sides on top of stove. Insert cloves of garlic in cuts made in the roast. Cook in preheated 325° F SUN OVEN® until desired temperature is reached on meat thermometer (about 3 hours). Add onions, potatoes, carrots and turnip. Add beef bouillon for gravy. Cook another 3 hours at about 250° until carrots are done. Thicken the juices with a little cornstarch dissolved in cold water.

## **SHEPHERD'S PIE**

Makes 12 cups

- 1 can corn (drained)
- 1 can green beans (drained)
- 1/2 recipe tomato soup
- 2 Tbsp dried onion
- 1 tsp salt
- 1/4 tsp pepper
- 1 pint bottled ground beef (drained)
- 3 cups instant potatoes
- 4 cups water

Make the tomato soup. Heat 4 cups water in jars or covered pot until very hot. Mix the ground beef, corn, green beans, tomato soup, onions, salt and pepper into a covered pot. Take the water out of the oven and wrap it in a dark cloth to keep it hot. Place the meat mixture in the oven and bake 45 min. or until hot. When it's done, mix the instant potatoes and the hot water and spread on top of the meat mixture.

## **SHRIMP & LEMON SKEWERS**

Lynn Langford maximizes space in her solar oven by cooking beets for the salad in her favorite black metal pot and flipping over the lid to use as a shelf for several skewers.

Makes 12.

- 12 wooden skewers
- 1 1/2 pounds or about 36 large shell-on shrimp
- 1/4 cup extra virgin olive oil
- 1/2 tsp red chili flakes
- 1/2 tsp fresh minced oregano (about 1/4 tsp dried)
- 1/2 tsp sea salt or kosher salt or to taste
- 3 Meyer lemons cut into eighths lengthwise

Preheat solar oven for 30 minutes. Place shrimp in a bowl and toss with olive oil, red chili flakes, oregano and salt. Marinate briefly. Thread three on each skewer, alternating with a lemon wedge.



Place shrimp skewers in one layer on a dark baking pan that will fit in your solar oven. Cook until shrimp is pink on top or curled up, about 10 minutes. Flip and cook until pink on top and opaque in the center, another 5-10 minutes.

## **SWEET AND SOUR CHICKEN**

Makes 7 - 8 cups

1 pint chicken

1 1/3 cups rice

2 2/3 cups water

1 can pineapple

2/3 cup vinegar

1 1/3 cup sugar

4 Tbsp cornstarch

4 Tbsp soy sauce

1 tsp Molasses

1 Tbsp dried onion

Optional: 1/2 cup sliced almonds, 1/4 cup dehydrated celery

Heat the rice and water in separate jars. When hot, combine and cook until done. Heat bottled chicken at the same time. Put the pineapple juice, vinegar, sugar, cornstarch, soy sauce and molasses into a quart jar. Shake well and cook in oven. Cook and shake this sauce repeatedly until thickened. On the bed of cooked rice place the heated chicken, almonds, pineapple, and hydrated celery. Pour sauce over the top.

## TAMALE PIE

Makes 10 cups

1 pint bottled beef or ground beef (drained)  
1 cup tomato powder and 2 cups water = 2 cups tomato sauce  
1/2 lb (1 1/4 cups) washed pinto beans and 3 cups water and 1 tsp salt = 3 cups cooked beans  
2 Tbsp dried onion  
1/2 tsp salt  
1 tsp garlic powder  
1 tsp oregano  
2 Tbsp chili powder  
1/4 tsp pepper

Topping:

1 2/3 cups cornmeal  
1 2/3 cups white flour  
2/3 cup sugar  
2 eggs  
5 tsp baking powder  
1/2 cup dry milk and 1 cup water  
1/3 cup melted shortening  
1 tsp salt

In large covered pot, heat 3 cups of water as close to boiling as possible. Add beans. Cover and soak out of oven 1 hour. Add 1 tsp salt to beans and cook in oven 4 -5 hours or until done. Melt the shortening and set aside in the sun. Put the beef, tomato sauce, cooked beans, onion, garlic, oregano and chili powder in a covered baking dish and bake 20 to 30 min. While it's cooking, make the topping by stirring together the flour, sugar, baking powder and salt. Stir in the cornmeal until well blended. Add eggs and milk and stir to a smooth batter. Fold in the melted shortening just until blended. When meat mixture is done, remove from oven, spoon topping over meat and bake again about 30 or 40 minutes or until cornbread is done.



## Pasta, Rice and Sauces

## **ALFREDO SAUCE...ALMOST**

Makes 2 1/2 cups

1/2 cup water and 1/3 cup dry milk (1/2 cup evaporated milk)

3/4 cup Parmesan cheese

1/8 tsp white or black pepper

pinch of nutmeg

1/2 cup dry milk and 2 cups water (2 cups skim milk)

Place 2 cups of skim milk in a canning jar and cook until hot (20 min). Place the 1/2 cup of evaporated milk, pepper, Parmesan cheese and nutmeg in another canning jar and shake to mix. Slowly add a little of the evaporated milk mixture to the hot milk and shake. Repeat until it's all mixed together. Return the jar to oven for 15 to 20 minutes to thicken. You may have to add 1 Tbsp cornstarch and 1 Tbsp of water if it doesn't thicken.

## **BASMATI RICE**

2 cups cooked Basmati rice

1 bag of mixed frozen vegetables

2 cans cream of anything soup

1 can of chicken broth or milk

Mozzarella cheese

Breadsticks

Cheddar cheese



Loosely pack this mix into an oven dish and cover with mozzarella cheese.

Cover and bake until the cheese is bubbly.

Serve with breadsticks covered with cheddar and baked until melted.



## CHILI-MAC

Makes 10 cups

- 2 cups macaroni
- 2 Tbsp dried onion
- 1/4 tsp garlic powder
- 2 Tbsp chili powder
- 1 1/2 cups tomato powder and 3 cups water (3 cups tomato sauce)
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 pint bottled ground beef

Add beef broth and water to equal 3 cups of liquid. Add water and tomato powder to make tomato sauce. Add liquid, tomato sauce, macaroni, garlic, chili powder, salt, pepper and ground beef. Cook until macaroni is done.

## LASAGNA

- 1 jar (32 ounces) spaghetti sauce
- 1 package (8 ounces) lasagna noodles
- Olive oil
- 1 lb ricotta cheese
- 1 lb mozzarella cheese, shredded
- 1/2 cup grated Parmesan cheese

Spread 1 1/2 cups of sauce over bottom of a dark roasting pan. Coat uncooked noodles with olive oil. Layer half the noodles and half the ricotta cheese over the sauce. Add half of the mozzarella cheese. Repeat layers of sauce, noodles and cheese. Top with remaining sauce. Sprinkle Parmesan cheese over top. Cover and bake in the solar oven for 3 to 4 hours. Makes 6 servings.



## **MACARONI**

Makes 5 cups cooked

2 cups macaroni  
2 or 3 cups water  
1/2 tsp salt

Heat water and salt until very hot. Add macaroni to the water and cook for 15 to 20 minutes. To keep pasta from getting pasty, use 2 pots with lids or jars with lids. Heat the dry pasta with a little oil or shortening in one; heat the salted water in another. When the water is hot, combine the two.

## **MACARONI & CHEESE**

Makes 10 cups

4 cups macaroni  
8 cups water  
10 Tbsp mac & cheese powder  
1 tsp salt  
1/3 cup dry milk + 1 1/2 cups water  
2 Tbsp butter  
1/2 tsp salt  
1/8 tsp pepper

Heat the 8 cups of salted water and the macaroni in separate containers. When the water is hot, add the macaroni and cook for 15 to 20 min or until done. Drain. Add butter, cheese powder, salt, pepper and milk.

## **MARINARA SAUCE**

Makes 4 cups

2 cups tomato paste + 4 cups water (4 cups tomato sauce)

1 tsp garlic powder

1 or 2 Tbsp dried onion

1 1/2 tsp dried basil

1/2 tsp oregano

1/4 tsp salt

1/4 tsp crushed red pepper

1 tsp sugar

(Or use 2 to 3 tsp Italian seasoning in place of other spices)

Mix all ingredients in 1 or 2 canning jars and let it simmer.

## **RICE**

1 cup brown rice

1 tsp salt

2 cups water

Place ingredients in 1-quart dark pot with lid in 250-275° F SUN OVEN® for 1 hour.

## **RICE-A-RONI**

Makes 8 cups

2 cups rice

1/4 to 1/3 lb spaghetti (1 cup of 1" broken pieces)

1 Tbsp dried onion

2 tsp dry parsley

1/2 tsp dry ginger

1/2 tsp garlic powder

1 tsp salt

1/4 tsp pepper

4 Tbsp shortening

4 tsp chicken soup base + 4 cups water

optional: 1 pint jar chicken, 1/2 cup sliced toasted almonds and 1/2 cup each dried carrots and celery

In the solar oven, heat the shortening in a large pot. Dutch ovens are great but this can also be done in several canning jars with lids. Break the spaghetti into 1" pieces. When the shortening is hot, stir in the rice and broken spaghetti and cook until browned. (Jars can cook on their sides for this) Add the rest of the ingredients, cover and cook for 40 to 50 minutes or until done.

## RISOTTO

This is a baked rice dish in the Italian style. If you cannot get fresh oregano and lovage, follow the substitutions for "winter risotto".

Serves 4

1-2/3 cups raw brown rice  
2 Tbsp lentils  
1 1/2 cups chopped or ground tomatoes  
2 2/3 cups stock or water  
1 onion (small), sliced thin  
2 cloves garlic, minced  
1 turnip (small), coarsely grated  
1/3 cup chopped fresh oregano  
2 tsp finely chopped fresh lovage leaf  
dash Tabasco  
1/4 tsp ground cumin  
1 Tbsp olive oil  
1 Tbsp tamari

Winter Risotto:

for the fresh oregano and lovage, substitute:

2 tsp dried oregano, crushed  
1/2 tsp fennel seed, crushed or ground

Combine ingredients in a 2 liter or larger casserole. Stir to mix. Bake, covered, in SUN OVEN until all liquid is absorbed. The rice and lentils should be tender (if not, add more liquid next time). When it is done, the herbs will be on the top. Stir everything together before serving.

Serve with a crusty bread and green salad.

## **SPAGHETTI**

Makes 4 cups cooked

1/2 lb spaghetti (break noodles to fit cookware)

1 or 2 tsp shortening

3 or 4 cups water

1/2 tsp salt

Heat water and salt until very hot. Add spaghetti and cook 15 to 20 minutes. To keep pasta from getting pasty, use 2 pots with lids or jars with lids. Heat the dry pasta with a little oil or shortening in one; heat the salted water in another. When the water is hot, combine the two.

## **SPAGHETTI WITH SAUCE**

Makes 10 cups

1 lb spaghetti noodles

1 recipe marinara sauce

1 pint bottled ground beef or sausage (drained)

4 cups water

1 tsp salt

Make marinara sauce and add drained meat. Heat salted water and spaghetti in separate covered pots (or use canning jars). Add spaghetti to hot water and cook 15 - 20 min. Mix sauce and noodles.



## Salads and Vegetables

## **BABY BEET SALAD WITH FETA, WALNUTS & ARUGULA**

24 baby beets (or about 14 ounces loose beets)  
without greens, scrubbed and trimmed  
Salt to taste  
3/4 cup walnut pieces  
2 Tbsp minced mint  
2 Tbsp minced chives  
3 Tbsp champagne or white wine vinegar  
1 1/2 Tbsp extra virgin olive oil plus more to drizzle  
Freshly ground pepper to taste  
6 cups baby arugula, lightly packed  
3/4 cup crumbled feta cheese  
Optional: nasturtium flower petals



Special to the Chronicle / John Lee

If using large beets, cut into halves or quarters. Preheat solar oven for 30 minutes. Place enough salted water to just cover the beets, about 2 quarts, in a black, lightweight covered pot and place in the solar oven. When the water comes to a simmer, about 30 minutes, add the beets. Cook until fork-tender, 1 to 2 1/2 hours, depending on oven temperature.

Wrap walnuts loosely in parchment paper. Tuck into the oven at some point when you open the door. Toast 30 minutes to 1 hour.

To finish the salad, drain and let the beets cool. Peel skins with your fingers or a cloth (use gloves to avoid staining from red beets). Cut the beets in half lengthwise. Toss in the mint, chives and vinegar. Set aside until most of the moisture is absorbed, 5 minutes or as long as you like. Toss in the olive oil and season with plenty of salt and pepper to taste.

Place the arugula in a round on a large plate. Mound the beets in the center, and drizzle any extra oil and vinegar from the beets on the arugula. Season the arugula with salt and drizzle with a little olive oil. Scatter the top with the nuts, feta and nasturtium flowers.



## **BAKED-POTATO SALAD**

4 medium potatoes  
1/4 cup finely chopped celery  
1/4 cup finely chopped green, red or yellow bell pepper  
1/2 cup finely chopped red onion  
1/2 tsp Dijon mustard  
1 tsp dried dillweed  
1/2 cup safflower mayonnaise (or other mayonnaise)

Bake potatoes in the solar oven for 1 1/2 hours. Let cool slightly. Remove potato pulp from skins and lightly mash. Combine with remaining ingredients. Chill. Makes 6 servings.

## **CHEESY POTATO CASSEROLE**

1/4 cup butter  
1 cup chopped onions  
1 can cream of chicken soup  
1 16-ounce sour cream  
1 20-ounce bag frozen hash brown cubed potatoes, thawed  
8 ounces grated sharp cheddar cheese  
Crushed potato chips for the topping

Melt butter in small pan. Sauté onion until translucent. In a bowl, stir together sour cream, chicken soup and onions. Mix well. Add potatoes, salt, pepper and cheese. Stir until all ingredients are well blended. Pour into ungreased dark-colored casserole dish. Sprinkle potato chips on top. Cook for 2 hours in preheated 300-325° F oven.

## **RICE PILAF**

1/4 cup olive oil  
2 cups finely diced onions  
5 to 6 cloves garlic, minced  
2 leaves greens, stalks removed and torn into small pieces (mustard greens, collard greens, Swiss chard or kale)  
2 stalks celery, finely minced  
2 carrots, peeled and finely chopped  
2 cups short-grain brown rice  
1/2 cup barley  
1/2 cup millet  
6 cups low-sodium chicken stock or a combination of stock and water  
Salt to taste  
2 tsp whole coriander seed, toasted  
Optional: 2 to 3 umeboshi plums (see note)

Preheat a solar oven for 30 minutes. In a dark-colored Dutch oven or large skillet on the stove, heat olive oil, then saute onions and garlic until crisp-tender, about 8 minutes. Add greens, celery and carrots and continue cooking until tender, about 8 minutes.

Stir in rice, barley, millet and stock. Bring to a full boil. Add umeboshi plums, if using, and salt. If using a skillet, transfer immediately to a shallow, dark-colored (for solar cooking), covered baking pan and bake in a solar oven for 1 ½ to 2 hours. Stir in the coriander then bake an additional 30 minutes.

Remove pits from umeboshi plums, if using, and cut into smaller pieces, then stir into the rice. Taste and adjust seasoning with salt.

Note: Umeboshi or pickled plums are available in Japanese and health food markets.

## **SUN DRIED TOMATOES**

Slice tomatoes as thin as possible. Place in wax-paper lined pan in SUN OVEN® with door open. We use the roma tomato because the color is better when dried and it tastes better. Turn tomatoes over a few times to keep them from sticking. On a clear, sunny day, it will take 5 to 6 hours for them to be completely dried. Our first try was very successful! If you have ever purchased sun dried tomatoes, you will really appreciate this use of your SUN OVEN®. You can use a wire rack to do two batches at a time, one on top of the other.

## WARM FRUIT SALAD

Pear

2 Tbsp organic raisins

2 tsp brown sugar

2 tsp butter

Vanilla or rum extract

Remove the skin from the pear. Split in half lengthwise and remove the seeded area and stem. Place face-up in a baking dish. Sprinkle with the raisins, brown sugar, butter and vanilla or rum extract. Bake in oven for up to an hour. This is absolutely delicious served warm with cream or cold with cake or ice cream.





# Soups and Stews

## **BEAN SOUP**

2 cups mixed beans  
1 large onion, chopped and sautéed  
4 cloves garlic, chopped and sautéed  
3 Tbsp dried parsley  
Dash oregano  
2 tomatoes, chopped (or canned)  
Red pepper (optional)  
1/2 green pepper, chopped  
1 ham hock or 4 strips of bacon (smoked)

Preheat SUN OVEN®. Place ingredients in pot and cover to within 1 inch of top with soup stock or 3 cubes of beef bouillon in water. When done, add ½ lemon or 2 tablespoons vinegar. Cook at 300° F for 4 hours.

## **BEEF SOUP**

Makes 12 cups

1 pint bottled beef (undrained)  
8 cups water  
4 to 8 tsp beef soup base (according to taste)  
1 cup dehydrated diced potatoes  
1 cup dried carrots  
1/2 cup dried celery  
2 to 3 Tbsp dried onion  
1 to 2 tsp salt  
1 tsp pepper  
1 bay leaf  
1/2 to 1 tsp thyme

Mix all ingredients in large covered pot and simmer for several hours.

## **BEEF STEW**

Makes 8 cups (Creamy or Tomato style)

- 1 pint bottled beef
- 1 recipe cream of mushroom soup (using beef soup base instead of chicken soup base)  
(Tomato style: 1 cup tomato powder and 2 cups water=2 cups tomato sauce)
- 1 cup dried carrots
- 2 Tbsp dried onion
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 bay leaf
- 1 tsp thyme
- 1 cup diced potatoes

Use the beef juices and water to make the cream of mushroom soup. (Or make the tomato sauce.) Place all ingredients in large covered dish and simmer in solar oven for several hours.

## **CHICKEN SOUP**

Makes 12 - 14 cups

- 8 tsp chicken soup base and 8 cups water
- 4 tsp dried onion
- 1 cup dried carrots
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 pint bottled chicken (undrained)
- 1/2 cup dried celery
- 1/2 cup dry rice

Mix all ingredients and simmer.

## **CHILI**

Makes 12 cups

1 pound (or 2 1/2 cups) washed pinto beans  
7 cups water  
1 or 2 tsp salt  
1/4 cup dried onion  
1/2 to 1 tsp garlic powder  
3 or 4 Tbsp chili powder  
3 tsp cumin  
1/4 tsp cayenne pepper  
1 Tbsp sugar  
1 pint ground beef  
2 cups tomato powder  
5 cups water

Place water in a large covered pot and heat to as close to boiling as possible. Add beans. Cover and soak beans out of the oven for 1 hour. (Use soaking water to cook beans.) Cook beans in covered dish 4-5 hours. Add remaining ingredients and simmer until done.

## **CHILI CON CARNE**

5 slices bacon  
1 medium onion, chopped  
1 lb lean ground beef  
2 1/2 cups kidney beans  
3 1/2 cups canned tomatoes  
Salt  
1 or 2 Tbsp chili powder  
Optional: 1/4 tsp crushed red pepper flakes

Place bacon slices in pot and cook at 325° F. When bacon is done, remove and sauté onions in bacon drippings until tender. Add meat, stir and cook until gray in color. Chop bacon into small pieces and return to mixture; add remaining ingredients. Simmer about 40 minutes until flavors are well blended.

## **CREAM OF MUSHROOM SOUP** (without the mushrooms)

Makes 4 cups

1/2 cup dry milk and 2 cup water  
1 cup white flour  
3 Tbsp shortening  
3/4 tsp seasoning salt  
1/8 tsp pepper  
1/4 tsp onion powder  
1/2 tsp thyme  
1/4 tsp garlic powder  
2 tsp chicken soup base + 1 1/2 cups water

Melt the shortening in a canning jar, add the milk and heat. Heat flour and seasonings in a second jar. Combine the two and shake well. Put soup base in a jar and place both jars in the solar oven. After 10 minutes take the milk jar out and shake it well. Return to the oven for another 10 minutes. Repeat until thickened. Remove both jars from the oven and slowly begin to add the hot broth to the thickened milk mixture, stirring or shaking until you have the consistency that you desire...either condensed or as soup.

## **GOULASH**

Makes 14 cups

3 cups macaroni  
6 cups water  
2 cups tomato powder and 6 cups water (6 cups tomato juice)  
2 tsp dried onion  
1/4 tsp garlic powder  
1 tsp salt  
1/2 tsp pepper  
1 pint ground beef (undrained)  
1 can of corn (undrained)

Heat the two cups water and salt in solar oven until very hot. Cook the macaroni in the water about 20 minutes or until done. Do not rinse. Add rest of the ingredients to the macaroni, return to oven and cook until done.



## **TACO SOUP**

Makes 12 cups

- 1 pint bottled ground beef or sausage
- 1 can corn
- 1 can kidney beans
- 1 29 oz. can stewed tomatoes
- 2 cups water (or 1 cup water and 1 cup tomato sauce)
- 2 to 3 Tbsp taco seasoning
- 2 Tbsp onion
- 1/4 tsp garlic

Place all ingredients in covered dish and let simmer.

## **TOMATO SOUP (Condensed)**

Makes 2 cups

- 1 cup tomato powder and 2 cups water = 2 cups tomato sauce
- 2 Tbsp dried onion
- 3 Tbsp melted shortening
- 6 Tbsp white flour
- 1/4 tsp pepper
- milk if needed
- 1/2 tsp seasoned salt
- 1/2 tsp baking soda
- 2 tsp sugar

Melt 3 tablespoons of shortening in a canning jar in the solar oven. Place the flour, milk, salt and pepper together in another jar, shake to mix well (no lumps!) and heat. Add heated flour mixture to the melted shortening and stir or shake well. Heat another 10 -15 minutes. Continue to shake and cook until thickened. Add the onion, baking soda and sugar to the tomato sauce and slowly blend the two sauces together. Add milk if needed to attain consistency of condensed tomato soup. Return to solar oven and gently heat. Do not boil. (For soup, add 3 or 4 cups of milk then stir and heat.)



## General Tips

## **EXAMPLES OF COOKING TIMES & TEMPERATURES**

Bowl of soup: 45 minutes @ 320° F

Macaroni and cheese: 2 hours @ 300° F

2 country style ribs: 1 hour @ 340° F, turn & cook for another hour

Gingerbread (Dromedary mix): Bake in a dark pan @ 300-325° F until done

All cooking times are approximate!

## **CLOUDS**

We don't worry too much about clouds; if you have to, move indoors and finish the meal. The exception is baked goods such as bread. Wait until you are sure of enough time to complete the baking before using the SUN OVEN®. You can shorten preparation time by sautéing the onions and frying the bacon on your stove, but who wants to do that? When you become comfortable with your SUN OVEN®, you will have so much fun.