

## ***Rice***

### **Ingredients:**

- 3 cups water
- 3 Tbs oil
- salt to taste
- 2-1/2 cups rice

Place water, oil and salt in the solar oven to heat for one hour. Working quickly to minimize the loss of heat from the oven, remove the pot from the oven and close the lid. Stir in the rice. Return it to the oven and cook for another 1-1/2 hours.

## ***Ground Hamburger, Turkey, Venison, Buffalo***

### **Ingredients:**

- 1-2 pounds ground meat of your choice
- seasoning of your choice

Place the meat in the solar oven pot and break it up into small pieces with a spoon. Add seasonings of your choice. (Herbs and spices, chopped onions, taco seasoning from a packet, bbq sauce, sloppy joe sauce...) Place in the solar oven for 1 ½ hours. Stir to make sure it is still broken up and proceed to serve or use in another recipe. If adding sauce, such as sloppy joe or bbq, add after meat has cooked for 1 hour and continue cooking in solar oven for an additional half hour. Remember to remove the pot quickly from the oven and close the cover while you add the sauce and to again minimize the time that the oven lid is lifted when returning the pot to the oven in order to minimize the loss of heat.

## ***Chicken***

### **Ingredients:**

- 3 pounds chicken with bones, 1 ½ pounds boneless chickens
- 1 chopped onion
- 3 cloves garlic
- 2 tomatoes
- 3 tsp bullion powder or salt
- ½ tsp black pepper powder
- ½ green pepper, chopped
- ½ bunch cilantro, chopped

Cut the chicken into small pieces. Mix with all the other ingredients and place in the solar oven for 2 ½ hours

Note: Seasoning given is one option. Season according to your preference. Switch out chicken for other fowl of your choosing: turkey, pheasant, duck, goose...and season according to your taste.

## ***Golden Cheese and Carrot Bake***

### **Ingredients:**

- 2 cups cooked rice
- 3 cups shredded carrots
- 1-1/2 shredded cheese
- ½ cup milk
- 2 beaten eggs
- 2 Tbs minced onions
- 1 tsp salt
- ¼ tsp pepper

Place all ingredients into a bowl and mix. Pour into a greased solar oven pot. Bake in the sun for 2 hours.

Optional: Stir in cooked meat of your choice before adding to the solar oven pot. Suggested meat options: 1 lb of cubed or ground chicken, sheep, beef, turkey or venison.

## ***Chicken Soup***

### **Ingredients:**

- 1 chicken breast, cut into small cubes (about ½ inch)
- 2 carrots, sliced
- 1 onion, chopped
- 2-4 cloves garlic, minced or crushed
- 1 Tbs salt (or to taste)
- 1 tsp dried basil
- 1 tsp dried oregano
- 2 clusters of broccoli, cut into small pieces
- 1 cup rotini pasta

Put 5 cups of water into a solar oven pot. Add all ingredients except rotini and broccoli. Place in the solar oven to cook for 3 ½ hours. Working quickly to minimize the loss of heat from the oven, remove the soup pot from the oven and close the oven. With the pot out of the oven, taste the soup and adjust for saltiness and other seasoning. Stir in the broccoli, return to the oven for 15 minutes, then add the rotini. Return to the oven and cook for an additional 15 minutes.

### **Notes:**

Mince the garlic if you want to eat it. Crush it if you want the flavor of the garlic to be infused into the broth, but do not want to eat the garlic. In that case, remove the crushed garlic after cooking.

If, when you check for saltiness you find it is too salty for your taste, add more water. In that case, you will have to return it to the oven for another hour prior to proceeding with the addition of the broccoli and rotini.

You can switch out the chicken for other meats, the vegetables for other vegetables, the seasonings for others, the rotini for other pasta. Experiment and make soups according to your taste and what you have on hand. Take note of the time vegetables cook and your satisfaction with the results. If they turn out mushy, you will know to add the vegetables when there is less time left for the soup to cook the next time. Some things you will know to add with less time remaining to cook. For example, if you use zucchini instead of broccoli, zucchini is softer and quicker cooking. If you add thin noodles instead of rotini, that too, is very quick cooking.

## ***Spaghetti***

### **Ingredients:**

- 8 ounces spaghetti
- 1 Tbs oil (optional)
- 2 tsp salt (optional)
- Jar of spaghetti sauce
- Solar cooked ground meat (optional)
- Cheese topping (optional)

### **Instructions:**

If using ground meat or meat balls, put that in the oven to cook for one hour. (See recipe for ground meat.) Then, working quickly to avoid excessive heat loss, remove the pot from the oven and close the lid. Add the spaghetti sauce to the meat. Return the meat, now with the sauce added in one pot to the oven. At the same time, place a pot half full of water and, if using, the oil and salt, into the oven to heat for 1 hour. Quickly remove the water pot and add the spaghetti to the water. Return the spaghetti into the oven and cook for 15 minutes. Sprinkle with cheese if desired.

## ***Baked Macaroni and Cheese***

### **Ingredients:**

- 8 ounces of macaroni
- 5 ounces of grated cheese
- ¼ cup of butter (½ stick)
- 1 Tbs of flour
- 3 cups of (evaporated) milk (may use fresh instead of evaporated milk)

### **Instructions:**

Heat 1/3 to ½ pot of water with a tsp of salt in the oven for an hour. Remove the pot from the oven, quickly closing the oven to keep the heat inside, and add the macaroni to the hot water. Swish the macaroni in the water, then drain the water. Transfer the macaroni to another bowl and place the butter into the still-hot pot and stir around to melt the butter. (If it doesn't melt,

cover the pot and place it in the sun for a few minutes to melt it.) When the butter is melted, sprinkle the flour into the butter while stirring. Add the milk while stirring into the butter-flour mixture. Stir in the grated cheese, then the macaroni. Cover the pot and place in the solar oven to bake for an hour and a half.

## ***French Bread***

### **Ingredients:**

- 2 ¼ cups of water
- 3 tablespoons of oil
- ¼ cup of sugar
- ½ tablespoon of salt
- 6 cups of flour
- ½ tablespoon of dried yeast

### **Instructions:**

Mix the water, oil, sugar, salt and flour. Add the dried yeast and knead for ten (10) minutes. Let the dough rest for 15 minutes. Divide the dough in half and shape into two baguette loaves. Place the two loaves into the greased and floured solar oven bread pan, making several thin diagonal cuts across the surface. Cover the loaves with a black cloth and place them in the heated solar oven. Allow to cook until it turns brown.

## ***Pizza***

### **Ingredients:**

- 1 tablespoon of dried yeast
- 1 cup of warm water
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 1 tablespoons of oil
- 2 ½ cups of flour

### **Instructions**

Dissolve the yeast in the warm water. In another bowl, mix the flour, sugar and salt. Mix the yeast dissolved in the water with the oil and add to the flour, sugar and salt. Knead it all. Let the dough rest for five (5) minutes. Then divide the dough into three (3) parts and place them into three greased and floured pots. Spread tomato paste onto each dough and add the following ingredients as desired: tomatoes, cheese, pepperoni, bell peppers, olives, etc. Cover the pots and place them in the oven. Cook for one and a half (1 ½) to two (2) hours.

## ***Corn Bread***

### **Ingredients:**

- 2 ½ cups of flour
- 1 ½ cups of finely ground corn

- 1 ¼ cups of sugar
- 4 teaspoons of baking powder
- 1 ½ teaspoons of salt
- 2 beaten eggs
- ½ cup of butter
- 2 cups of milk or evaporated milk. Another option is to use one and a half (1 ½) cups of evaporated milk and one half (½) cup of water.

**Instructions:**

Combine the dry ingredients and mix them well. In another bowl, mix the beaten eggs, the butter and the milk. Pour the wet ingredients into the dry ingredients; mix only until the dry ingredients are dampened. Place the mixture into two (2) greased and floured solar oven pots. The mixture should touch the sides of the pot and also cover the bottom. Place the covered pots into the hot solar oven to cook. The bread is finished when a wooden toothpick inserted into it comes out clean.

***Oatmeal***

**Ingredients:**

- 3 cups of water
- 4 cups of milk
- 2 cups of oatmeal
- 1 teaspoon of salt
- Cinnamon to taste
- 1 teaspoon of vanilla
- ¾ cup of sugar

**Instructions:**

Combine the oatmeal with the milk and water. Stir and add the sugar, vanilla, salt and cinnamon. Stir well until the sugar dissolves. Cook in the Solar Oven for about 1 ½ hours.

***Banana Bread***

**Ingredients:**

- ½ cup of butter (1 stick)
- 1 cup of sugar
- 1 egg
- 1 tsp of vanilla
- 3 medium ripe bananas
- 2 cups of flour
- 1 tablespoon of baking powder
- ¼ tsp of salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg

- ½ cup of milk

**Instructions:**

In a large mixing bowl, mix together the butter and sugar. Add the egg and mix well. Add the vanilla and mix well. In another mixing bowl, combine the flour, baking powder, salt, cinnamon and nutmeg. In a third mixing bowl, mash the bananas with a fork. Add the milk and mix well. Add the flour mixture and the banana mixture a little at a time to the butter mixture, alternating between additions of the flour and of the bananas and mixing well after each addition. Rub butter (or shortening) onto the bottom and about 3 inches up the sides of two black solar oven pots. Drop a spoonful of flour into each pot and gently tap to coat the greased pot with a thin layer of flour. Discard any excess flour. Divide the batter between the two pots, and place them in the solar ovens to bake for approximately 2 hours. The bread is done when the sides pull slightly away from the bot and a toothpick or knife inserted into the middle of the bread comes out clean.

## ***Pineapple Upsidedown Cake***

**Ingredients:**

**For the bottom**

- 1 medium pineapple or 1 can pineapple
- 1 cup brown sugar
- 2/3 cup butter

**For the batter**

- 1 cup butter (2 sticks)
- 2 cups white sugar
- 8 eggs
- 2 cups flour
- 1 Tbs
- baking powder
- ½ tsp salt
- 1 Tbs vanilla
- 1 cup evaporated milk

**Instructions:**

**For the bottom**

Peel the pineapple and remove the core. Cut the pineapple into pieces, either slices about ¼ inch thick or thin chunks. If using canned pineapple, remove the pineapple from the juice. If using chunk-stile, cut each chunk into 2 or 3 smaller chunks. Place the pineapple on the buttered bottom of two black solar cooking pots. Sprinkle half of the sugar over the pineapple in each pot. Cut the butter into little pieces and dot them all over the sugared pineapple, using half of the butter for each pot.

**For the batter**

Mix the butter and sugar until they are creamy. Add the eggs, one at a time, mixing after each addition. In a separate bowl, mix the dry ingredients: flour, baking powder and salt. Mix approximately 1/3 of the dry ingredients into the egg-butter-sugar mixture. Then add about 1/3 of the milk and mix thoroughly. Add ½ of the remaining dry ingredients and mix. Now add the vanilla to the remaining milk and add to the batter and mix. Add the remaining dry ingredients and mix thoroughly.

Pour half the batter over the pineapple with sugar and butter in each pot. Cover the pots and place in the solar oven to bake for approximately 2 hours.

## ***Chocolate Cake***

### **Ingredients:**

- 1 cup (2 sticks) of butter
- 2 cups of sugar
- 4 eggs
- 2 tsp vanilla
- 1 cup milk or evaporated milk
- ½ cup cocoa powder
- 3 ½ cups flour
- 4 tsp baking powder

### **Instructions:**

Mix the butter and sugar in a large mixing bowl. In a small bowl, beat the eggs and vanilla. Mix into the butter-sugar mixture and then mix in the milk. In a separate bowl, mix together the flour, cocoa powder and baking powder. Stir into the wet ingredients and mix well.

Butter the bottoms and up a few inches of the sides of 2 solar cooking pots. Add a spoonful of flour and tap to coat the buttered pot with flour. Discard any excess flour. Divide the cake batter between the 2 pots, cover them and bake in the solar oven for approximately 2 ½ hours. Cake is done when a toothpick or knife inserted in the middle comes out clean.