

Beans

Ingredients

- ½ lb (1 cup) of beans (pinto, kidney, etc...)
- 2 cloves of garlic, minced
- 1 onion
- ½ Tbs of oil
- 1 full branch of green herbs (parsley or cilantro)
- 1 tsp salt (more or less to taste)
- a pinch of sugar

Instructions

Soak the beans in water the day before to soften.

Be sure the beans are covered by an inch of water.

Add garlic, onion, oil, green herbs, salt and sugar.

Place the black pot with the beans in the Solar Oven and cook for four (4) hours; test for doneness.

Note: Seasoning given is one option. Season according to your preferences and traditions, or, if you only want to soften for use in other dishes later, skip the seasonings for now and add with your recipe.

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, Lamb, Venison

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.

Stew (Beef, Mutton, Venison, Pork...)

Ingredients:

- 21 lb beef (or other meat of your choice) cut into 1-inch cubes
- 1 tsp dried thyme
- 1 tsp salt (more or less to taste)
- 1 tsp ground black pepper (more or less to taste)
- 1 ½ lbs baking potatoes, peeled and cut into 1-inch cubes
- 1 lb carrots, peeled and cut into 1-inch pieces
- 1 medium onion, peeled and chopped
- 1 can petit diced tomatoes, drained
- ½ cup diced onion
- ½ cup diced celery
- ½ cup diced carrot

Mix all ingredients in a solar oven pot. No additional water is necessary as very little liquid is lost in solar cooking. Place in the oven and cook for 3-6 hours, reorienting for maximum sun approximately every 1 ½ hours. If unable to reposition the oven (because, for example, you will be going away), orient it at the start such that maximum sun will be achieved 1 ½ - 2 hours after the start time.

Chili

Ingredients:

- 1 lb ground beef (or other ground meat)
- 1 can, approx. 16 ounces, red kidney beans or 1 ½ cups softened beans

- 1 can, approx. 14 ½ ounces diced tomatoes, drained (or 3 medium fresh tomatoes)
- 1 medium onion, chopped
- ½ cup chopped bell pepper
- 1 clove garlic, minced
- 1 ½ Tbs chili powder
- ½ tsp ground cumin
- ½ tsp pepper
- Cayenne or jalapeño pepper to taste (optional)

Mix all ingredients in a bowl. Place in solar oven pot and cook in the sun for 2 ½ hours. Check for doneness.

Baked Potatoes

Ingredients:

- 4 lbs baking potatoes
- 4 Tbs minced flat parsley
- 4 Tbs minced fresh chives
- Salt, pepper, butter, sour cream or olive oil to taste

Wash and dry the potatoes. Prick each potato a few times. Place half of the dry potatoes in each of two pots. No liquid needs to be added. Put lids on the pots and place in the oven to bake for 4 hours. Check for doneness. The cooking time is based on 4 large potatoes, each weighing about 1 lb. If more smaller potatoes are used, the cooking time will be shortened. When they are fully cooked, serve with the herbs and seasonings.

Summer Squash

Ingredients:

- 1 lb small red new potatoes, unpeeled, cut into ¼ inch rounds
- 2 medium yellow summer crookneck squash, cut into ½ in rounds
- 2 medium zucchini squash, cut into ½ inch rounds
- 6 green onions, chopped, including ¾ of the green part
- 2 Tbs butter
- 2 Tbs fresh dill, stemmed and minced
- 2 Tbs sour cream

Place the potatoes in the solar pot with about 1 Tbs water. Cook in the sun for 1 ½ hours. Minimizing heat loss, remove the pot from the oven and add the squashes, onions and butter to the potatoes and return to oven to cook until the squash is tender, 30 minutes to 1 hour. When squash is tender, again minimizing heat loss, remove the pot and stir in the sour cream and dill. Return to oven to cook another 20 minutes to blend all flavors.

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 and rotini. Return to the oven and cook for an additional ½ hour.

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. Returning 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 1/2 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.

Peach Cobbler**Ingredients:**

- 8 fresh peaches.
- ½ cup white sugar, used ¼ cup at a time
- ½ cup packed brown sugar, used ¼ cup at a time
- ¼ tsp cinnamon
- 1/8 tsp nutmeg
- 1 tsp lemon juice
- 2 tsp corn starch
- 6 Tbs chilled, unsalted butter
- 1 c flour

- 1 tsp baking powder
- ½ tsp salt

Place 1 cup water into a solar cooking pot. Peel, pit and thinly slice the peaches. Place them into a mixing bowl and add ¼ cup each of white and brown sugar, cinnamon, nutmeg, lemon juice and corn starch. Mix to distribute evenly among the peaches. Place the peaches into the solar baking pot and bake for 1 ½ hours. Place the pot of water into the solar oven at the same time as you add the peaches. While the peaches are baking, cut the butter into small cubes, about ¼ inch squared and keep chilled. In a mixing bowl, place flour, ¼ cup each of white sugar and brown sugar, baking powder and salt. Combine the dry ingredients and then add the chilled, cut up butter. Cut the butter into the dry ingredients with a pastry blender or a couple of knives or your fingers until it resembles coarse meal. When 1 ½ hours have passed, remove the 2 pots from the oven. Measure out ¼ cup of the heated water and add to the flour mixture, stirring to combine. Drop spoonful (about 1 Tbs each) of batter on top of the hot peaches with a goal to cover them as evenly as possible. In a small bowl, combine 3 Tbs white sugar and 1 tsp cinnamon. Sprinkle this mixture over the cobbler batter. Return to the solar oven and bake for another hour, or until the topping is golden. Allow to cool slightly, but it is especially good served still warm.