

SUN OVEN[®] Recipes

It's all about the Food!



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SUN OVEN® Cooking Tips

Unique recipes are not required to cook or bake in a **SUN OVEN®** so you can use almost any of your favorite recipes. You will be very impressed with the improved taste, moisture, and texture the sun seems to add to what you make. Even though it is called an oven, food can be baked, boiled, and steamed, so other than fried foods, you can make just about anything.

The amazing thing about a **SUN OVEN®** is that it is almost impossible to burn food; sun-cooked food does not dry out. This enables food to be cooked for a longer time at lower temperatures or in less time at higher temperatures, without affecting the quality of the food. Food does not need to be stirred to prevent scorching.

Due to clouds and ozone, cooking times can vary. At times it may take a little longer. Factors that affect cooking time are: quality of the sunlight at the time you are cooking, types and quantities of the food being cooked, and how often the oven is refocused. A good rule of thumb is to add 15 minutes of cooking time for each time the oven door is opened. The even temperature of the **SUN OVEN®** prevents burning, so when in doubt, it is best to leave your food in the **SUN OVEN®** longer.

There are two ways to cook in a **SUN OVEN®**. If you refocus the oven to follow the sun every 25 to 30 minutes, cooking times and methods will be like cooking with a conventional stove or oven. Or a **SUN OVEN®** can be used for slow cooking, much like a crock-pot. You can prepare your dinner, put it in the **SUN OVEN®** and point the oven toward where the sun will be approximately halfway through the time you will be gone. Leave, and come home to a tasty, slow-cooked dinner. If you run late, there is no need to worry; the **SUN OVEN®** will keep your food warm, moist, and fresh for hours.

It is best to preheat a **SUN OVEN®** before cooking. On a clear sunny day, it will preheat to 300 degrees (F) in about 20 minutes.

You do not need special pots and pans; however, pots must have lids for everything but baked goods. The thicker the pot or pan, the longer it will take to cook, so dark thin-walled pots with lids will cook food faster. Shiny pots and pans cause light to be reflected out thereby reducing the oven's temperature. So, it is best to cover them with a dark dish towel to keep the light from reflecting out.

When the food inside a **SUN OVEN®** is fully cooked the glass door of the oven will steam up. If the food has been in the oven for a while the steam is an indicator that the food is done.

If condensation builds up on the glass early in the cooking cycle the best cure is to open the door quickly and wipe all the condensation off the glass and place a twig or small round piece of wood in the upper left-hand corner of the oven (above the top door latch) and close the glass and latch it shut with the wood partly in the oven and partly out. The tip of the chop stick is the perfect diameter. The tip of the chop stick (or wood) will push the gasket down to allow the steam to escape with a minimum loss of temperature.

There are two reasons why condensation will build up earlier in the cooking cycle:

1. The pot lid does not fit tightly on the pot. Try a different pot with a lid that fits tightly.
2. Too much water is used. The next time you cook the same food decrease the amount of water you use. Most things cooked in a **SUN OVEN®** require 20% to 33% less water than when cooked on a stove top or a regular oven.

Emergency Preparedness Foods

A **SUN OVEN®** is the most energy-efficient way and delicious way to rehydrate your packaged freeze-dried and dehydrated preparedness foods. You will not need to boil the water first and you can make them with less water. Just place the food in a pot with 25% less water than the cooking instructions call for. (As an example, if the instructions say to use 4 cups of water for each cup of what you wish to rehydrate, use 3 in a **SUN OVEN®**.) Put a lid on the pot and place it in the **SUN OVEN®**. You will be very impressed with how much better the food tastes.

Hard Boiled Eggs (without water)

Up to 2 Dozen eggs at one time

Remove the lids from cardboard egg carton(s) and place uncooked eggs in a preheated **SUN OVEN®** for 60 minutes.

Using an oven mitt, remove one egg and spin it on a flat surface. If the egg spins evenly the eggs are done, if it wobbles as it spins put it back in the **SUN OVEN®** for another 15 minutes.



Note: If the eggs have been refrigerated it is best to remove them from the refrigerator for one hour prior to putting them in the **SUN OVEN®**.

Freshly laid chicken and duck eggs will peel easily if they are prepared in this manner.

RECIPES

No Knead White Bread~

Makes 1 loaf

- 3 cups all-purpose flour
- 1/2 teaspoon instant or rapid rise yeast
- 1 3/4 teaspoon kosher salt
- 1 1/2 cups tap water



Stir together all ingredients with a fork in large bowl (it will be very sticky). Let stand covered in Saran Wrap for 12 - 18 hours (it will get very large). Use a spatula or bread scraper and remove from bowl onto a floured surface. Shape into a loaf with floured hands. Place on wax paper and let stand for 30 minutes. Place loaf pan in **SUN OVEN**® while the oven is preheating. Bring the loaf pan inside and place the wax paper and dough into the loaf pan. Cook for 1 - 1/2 hours or until done.

Cornbread*

Makes 8 x 8 pan

- 1 2/3 cups flour
- 1 2/3 cups yellow cornmeal
- 2/3 cup sugar
- 2 eggs
- 5 teaspoons baking powder
- 1/4 cup dry milk
- 1 teaspoon salt
- 1/3 cup melted shortening
- 1 1/4 cups 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 and bake in preheated **SUN OVEN**® for 60 to 80 minutes or until browned.

Cinnamon & Raisin Bread*

Makes 1 loaf

1 recipe wheat bread (use white wheat if possible) (see page#)
1/8 cup butter
2 teaspoons cinnamon
2 tablespoons 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 and bake in preheated **SUN OVEN**® until browned.

Oatmeal Raisin Muffins*

Makes 12 muffins

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

Melt the shortening. Mix egg, milk, raisins and shortening. Stir in remaining ingredients and stir just until moistened. Fill muffin cups ¾ full. Bake in preheated **SUN OVEN**® until browned.

Banana Coconut Muffins

Makes 8 - 12 muffins

3/4 cup all-purpose flour
1/2 cup whole wheat pastry flour
1 teaspoon baking powder
1/4 teaspoon salt
2 very ripe bananas (mashed)
1/2 cup unsalted butter (melted)
1/2 cup sugar
1 large egg
1/2 teaspoon vanilla
3/4 cup sweetened flaked coconut



Whisk together flours, baking powder, and salt in a bowl. Whisk together bananas, butter, sugar, egg vanilla, and 1/2 cup coconut in a large bowl until combined well, then fold in flour mixture until flour is just moistened. Divide batter among lined muffin cups and sprinkle with remaining 1/4 cup coconut. Bake in preheated **SUN OVEN**® until muffins are puffed and golden, about 40 minutes.

Whole Wheat Bread*

Makes 1 loaf

2 teaspoons yeast
1 cup water
3 cups wheat flour
1 1/2 teaspoons salt
2 tablespoons applesauce or shortening
1/4 cup sugar or honey



In **SUN OVEN**[®] 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, cover and let it rise again until doubled. Spray a light mist of water on dough and bake in preheated **SUN OVEN**[®] for 45-60 minutes or until browned. For a regular oven, bake at 350 degrees for 25-30 min.

Granola*

Makes 5 cups

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

Melt the shortening. Place all the ingredients (except raisins) in a large bowl and mix well. Spread onto a shallow pan and bake in preheated **SUN OVEN**[®] until browned (60 minutes or longer). Watch it closely. Let it cool, add the raisins and store in airtight containers.

Grape Nuts*

Makes 4 cups

2 cups buttermilk (2 cups water + 2/3 cup powdered milk + 2 tablespoons vinegar)	
6 cups whole wheat flour	1 teaspoon baking soda
1 cup brown sugar	1 teaspoon salt

Mix everything in a bowl, press onto 2 cookie sheets and bake in preheated **SUN OVEN**[®] 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.

Rice Cereal or Rice Pudding*

Makes 4 cups

Rice Cereal:

- 1 1/2 cups rice
- 4 cups water
- 1 teaspoon salt
- 3 tablespoons sugar

Pudding:

- 2 eggs
- 1/2 cup raisins
- 1/4 teaspoon nutmeg
- 1/4 teaspoon vanilla

Stir together rice cereal ingredients and place in covered pots and place in preheated **SUN OVEN**[®]. Cook for 50 to 60 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 **SUN OVEN**[®]. Bake an additional 30 - 45 minutes until rice is thick like pudding. Add vanilla and stir. Add 1/2 cup milk if desired.

Baked Apples

Makes 4 servings

- 4 large baking apples
- 1/2 cup brown sugar (packed)
- 1/3 cup raisins (chopped)
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 2 teaspoons butter
- 1/4 cup water



Core the apples and place them in a glass baking dish. Combine the sugar, raisins, cinnamon, and nutmeg in a small bowl. Fill the center of each apple with the sugar mixture. Dot each apple with 1/2 teaspoon butter. Pour water into the baking dish. Cover the dish with tin foil then cover the foil with a dark tea towel. Bake apples in preheated the preheated **SUN OVEN** until tender, 45 minutes to 1 hour. Serve warm or at room temperature.

Barbecued Chicken Legs

Makes 3 servings

- 8 chicken legs
- 1/2 cup vinegar
- 2 tablespoons Worcestershire Sauce
- 1 teaspoon paprika
- 1 tablespoon sugar
- 1/2 cup ketchup
- 1/2 teaspoon pepper
- 1 clove garlic, minced



Place chicken legs in a covered pan. Combine remaining ingredients and pour over chicken pieces. Cover and bake in in preheated **SUN OVEN®** 2 hours.

If you don't have a large enough covered pan you can cover your pan with foil and place a dark tea towel over the foil.

Lasagna

Makes 6 servings

- 2 recipe marinara sauce (see page#)
- 1 8-ounce package lasagna noodles
- Olive Oil
- 1 pound ricotta cheese
- 1 pound mozzarella cheese, shredded
- 1/2 cup grated Parmesan cheese

Spread 1 1/2 cups 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 preheated **SUN OVEN®** for 3 - 4 hours.

Beef Stew

Makes 4 servings

The stacking pots that are available with the accessory package are ideal for preparing this stew. If you don't have them, or any other stackable pots, the carrots can be cooked in the same pot as the meat. Add them towards the end of the cooking time so they don't get too mushy. I like to cook them separately, so they retain their color.

2 pounds beef stew meat, trimmed of fat and patted dry
1 large onion, sliced
2 medium potatoes, peeled and cut into chunks
2 cloves garlic, minced
1 bay leaf
2 sprigs thyme
2/3 cup strong brewed coffee
1/2 cup water, beer, or wine
2 carrots; cut into large pieces
1 cup frozen peas



Preheat **SUN OVEN**[®]. Combine the meat, onion, potatoes, garlic, bay leaf, and thyme in a covered pot. Pour the coffee into the pot and add the water. Cover and cook in the **SUN OVEN**[®] until the meat is very tender, about 2 - 3 hours.

In a separate pot add 1/2 cup water and the carrots. About 1/2 hour before the stew is ready stack the pot with the carrots on top of the pot with the stew. When the carrots are tender stir them into the stew with the peas. Continue cooking for another 5 to 10 minutes until the peas are tender.

Potato Meat Pie

Makes 2 loaves

1 pound ground beef	1 tablespoon minced onion
2 2/3 cups instant potato flakes	1/4 cup ketchup
1 egg	1 cup milk
1 teaspoon salt	1/8 cup butter
1/8 teaspoon pepper	1/2 cup shredded cheese

Mix together beef, 1 1/3 cups dry potato flakes, egg, 1/2 teaspoon salt, pepper, onion, ketchup and 1/2 cup milk. Divide mixture in half and place in 2 loaf pans. In preheated **SUN OVEN**[®], bake 1 - 1 1/2 hours or until meat is completely cooked. Remove loaf pans and cover.

Potato Topping

Combine 1 1/3 cups of water with 1/8 cup butter and 1/2 teaspoon salt in pot with lid and place in **SUN OVEN**[®] for 20 minutes. Remove from **SUN OVEN**[®] and stir in 1 1/3 cups dry instant potato flakes. Spread potatoes on top of meat loaves, top with shredded cheese and return to **SUN OVEN**[®] until cheese is melted.

Chicken Delight*

Makes 4 servings

1 1/2 cups rice	1/2 teaspoon salt
2 tablespoons beef soup base	1/4 teaspoon pepper
3 tablespoons dried onion	2 cups water
1 can cream mushroom soup	1 cut up chicken (about 3 pounds)

Mix all ingredients except chicken and place in a large covered pot. Add chicken pieces on top of rice mixture. Cook in preheated **SUN OVEN**[®] for 3 - 4 hours.

Pork Loin Roast**

2 pound pork loin roast
Salt
Pepper

Rub meat with salt and pepper. Place covered pot in preheated **SUN OVEN**[®] and bake 3 hours, or until meat thermometer reads 170 to 180 degrees internal temperature.

Roast Chicken**

1 whole roasting chicken, 3 - 4 pounds
2 tablespoons butter
Salt
Pepper



Rub chicken with butter, salt and pepper. Place in covered pan and bake in preheated **SUN OVEN**[®] for about 4 - 5 hours, or until meat thermometer reads 180 degrees internal temperature.

Pork and Beans**

Makes 4 servings

1 can Campbells port and beans	1 teaspoon dried mustard
2 tablespoons ketchup	1/4 cup maple syrup
1 teaspoon dried onion	1 slice bacon

Mix all ingredients and place in covered pot. Bake in preheated **SUN OVEN**[®] for 1 hour. These go well with any meat dish.

Rice**

1 cup brown rice
1 teaspoon salt
5 cups water

Place all ingredients in covered pot and cook in preheated **SUN OVEN**[®] 1 hour or until done.

Flank Steak**

Place flank steak in marinade:

1/4 cup soy sauce	1/2 teaspoon garlic powder
3 tablespoons honey	3/4 cup salad oil
2 tablespoons cider vinegar	1 green onion, finely chopped
1/2 teaspoon ground ginger	

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

Meat Loaf**

Makes 1 loaf

- 1 1/2 pounds ground beef
- 1 cup tomato juice
- 1 egg
- 1/4 chopped onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup rolled oats or breadcrumbs



Preheat **SUN OVEN**[®]. Combine ingredients. Bake in covered loaf pan for 1 1/2 hours or until done.

Macaroni & Cheese*

Makes 10 cups

- 4 cups macaroni
- 8 cups water
- 10 tablespoons mac & cheese powder

- 1 teaspoon salt
- 1/3 cup dry milk + 1 1/2 cups water
- 2 tablespoons butter
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Add the macaroni and 8 cups of water to a covered pot and cook in preheated **SUN OVEN**[®] for 40 min or until done. Drain. Add butter, cheese powder, salt, pepper and milk.

Sweet Potato Quiche

Makes 4 individual quiche

- Pie crust
- 4 eggs
- 2/3 cup mashed sweet potato
- 1 cup spinach (chopped)
- 6 pieces bacon (cooked & crumbled)
- 1/3 cup Parmesan cheese (grated)



Preheat **SUN OVEN**[®]. Spread pie crust in individual quiche pans; bake until light brown. Mix remaining ingredients together and pour over baked pie crust. Bake until filling is set; 50 - 60 minutes.

Chicken Enchilada Soup

Makes 6 servings

1 pound chicken breast (boneless & skinless)
2 cups chicken broth
1 10-ounce can red enchilada sauce
2 14-ounce cans black beans (rinsed & drained)
1 14-ounce can roasted diced tomatoes (with their juices)

1 15-ounce can whole kernel corn (drained)
1 4-ounce can diced green chili
2 cloves garlic (minced)
1 onion, finely chopped
1 teaspoon ground cumin
Salt to taste

Preheat **SUN OVEN**[®]. Place the chicken breasts in a large pot or Dutch oven. Add the remaining ingredients. Cover and cook in the **SUN OVEN**[®] until the chicken is fully cooked, 2 1/2 - 3 hours. Transfer the chicken to a cutting board and use 2 forks to shred. Return the shredded chick to the pot. Serve with choice of toppings; chopped cilantro, diced avocado, shredded cheese, sour cream, tortilla strips, etc.

Pasta and Meatballs

Makes 4 servings

2 cups pasta (Cavatappi or fusilli)
1 tablespoon olive oil
2/3 cup water
1 pound ground beef
1/3 cup plain dry bread crumbs
1/3 cup dry red wine
1 egg (lightly beaten)
2 cloves garlic (minced)
1/3 cup grated Pecorino Romano cheese
2 cups canned, crushed tomatoes



Coat a large oval roasting pan with cooking spray. Scatter pasta in the pan and toss with olive oil. Add water and 1/4 teaspoon salt.

Place bread crumbs in a large bowl and stir in wine, let sit until wine is absorbed. Stir in egg, garlic, 1/4 cup of the Romano cheese, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Add beef to bread crumb mixture and combine well with a fork. Form 16 even balls. Arrange meatballs on top of pasta in roasting pan. Season tomatoes with 1/8 teaspoon salt and pepper to taste. Pour tomatoes over and around meatballs. Sprinkle remaining Romano cheese over tomatoes, cover and cook in preheated **SUN OVEN**[®] until meatballs are cooked through, 1 to 1 1/2 hours. Serve immediately.

Chicken with Vegetables

Makes 4 servings

2 cups sturdy vegetables (carrots, parsnips, cauliflower, Brussel sprouts, etc.)

4 cloves garlic (peeled)

Salt and pepper to taste

8 bone-in, skin on chicken thighs, trimmed of excess fat

1 to 2 teaspoons dried herbs (thyme, rosemary, tarragon, herbs de Provence, etc.)

Olive oil

Preheat **SUN OVEN**[®]. Cut the vegetables into chunks, florets, or wedges depending on the type used. Spread the vegetables in a baking pan. Add the garlic and season with salt and pepper. Arrange the chicken thighs in a single layer over the vegetables. Season with the herbs and drizzle with olive oil. Cover and bake in the Sun Oven until the juices run clear, 2 to 3 hours. Transfer the chicken to a serving plate. Use a slotted spoon to transfer the vegetables to the same plate.

French Dip

1 onion, sliced

1 1/2 pounds beef chuck roast

2 tablespoons red wine vinegar

1 clove garlic (sliced)

1/2 teaspoon salt

1/4 teaspoon pepper

French rolls for serving



Preheat **SUN OVEN**[®]. Scatter half of the sliced onion in a large pot. Set the roast on top of the onions. Top with the remaining onions and garlic. Pour the vinegar over the meat. Season with salt and pepper. Cover and transfer to the **SUN OVEN**[®]. Cook until the meat is very tender, 2 1/2 to 3 hours. Transfer the meat to a cutting board and shred. Drain the broth through a sieve into a medium bowl, discard the solids.

Make sandwiches with the French rolls. Serve the broth on the side.

Chicken Cacciatore

Makes 4 - 6 servings

4 pounds chicken thighs and legs, bone-in, skinless (excess fat trimmed)
2 large onions (thinly sliced)
3 tablespoons olive oil
4 cloves garlic (minced)
1/2 cup dry white wine
2 14.5-ounce cans chopped tomatoes
1/4 cup tomato paste
1 teaspoon dried rosemary
1/2 teaspoon red pepper flakes
Salt and pepper to taste



Preheat **SUN OVEN**[®]. Toss the onions and garlic with the olive oil and spread out on the bottom of a large pot. Arrange the chicken thighs and legs in a single layer over the onions. Mix together the wine, tomatoes, tomato paste, rosemary, and red pepper. Season with salt and pepper. Pour the tomato mixture over the chicken, cover, and cook in the **SUN OVEN**[®] until the meat is tender, 1 1/2 to 2 hours. Serve with cooked pasta or crusty bread.

Tomato Soup (Condensed)*

Makes 2 cups

1 cup tomato powder + 2 cups water = 2 cups tomato sauce
2 tablespoons dried onion
3 tablespoons shortening
6 tablespoons white flour
1/4 teaspoon pepper
milk if needed
1/2 teaspoon seasoned salt
1/2 teaspoon baking soda
2 teaspoons sugar

Melt 3 tablespoons shortening in a canning jar in preheated **SUN 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 min. 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 **SUN OVEN**[®] and gently heat. Do not boil.

(For soup, add 3-4 cups of milk then stir and heat.)

Braised Orange Pork Chops

Makes 4 servings

- 4 1/2-inch-thick pork chops
- Salt and pepper to taste
- 1 garlic clove (minced)
- 1/2 cup fresh orange juice
- 1/4 cup dry white wine
- 1 tablespoon fresh lemon juice



Preheat **SUN OVEN**[®]. Place pork chops in one layer in a pot. Season with salt and pepper. Add garlic, orange juice, wine, and lemon juice. Cover and cook in **SUN OVEN**[®] until meat is tender, 1 - 1 1/2 hours. Serve with cooking juices.

Black Bean Soup

Makes 4 servings

- 1 pound dried black beans (rinsed, soaked overnight & drained)
- 1 large onion (finely chopped)
- 1 red bell pepper (chopped)
- 6 cloves garlic (minced)
- 1 tablespoon canned chipotle peppers in adobo sauce, finely chopped
- 3 teaspoons ground cumin
- Salt and pepper to taste
- 1/4 cup fresh cilantro (chopped)
- 2 tablespoons fresh lime juice
- Sour cream, chopped tomato, and sliced green onions for garnish



Preheat **SUN OVEN**[®]. Combine beans, water, onion, bell pepper, garlic, chipotle peppers, and cumin in a large pot. Add enough water to cover the beans by about 2 inches. Place a lid on the pot and transfer to the **SUN OVEN**[®]. Cook until beans are tender, 1 1/2 to 2 hours. Season to taste with salt and pepper. Stir in cilantro and lime juice.

Slightly mash remaining beans to thicken the soup. Ladle into bowls and top with sour cream, tomato and green onions.

BBQ Pulled Pork

Makes 4 servings

2 pounds pork roast (trim of excess fat)
2 cups ketchup
3 tablespoons apple cider vinegar
1/2 cup water
1 small onion (finely chopped)
5 cloves garlic (minced)
1 tablespoon chili powder
1 tablespoon Worcestershire sauce



Preheat **SUN OVEN**[®]. Place roast in a covered pot. In a bowl, combine remaining ingredients and pour over the roast. Bake until meat is very tender, 2 - 3 hours. Remove roast from the pot. Remove and discard any bones. Using two forks or your fingers, shred the meat. Return the meat to the sauce in pot.

Marinara Sauce*

Makes 4 cups

2 cups tomato paste + 4 cups water = 4 cups tomato sauce
1 teaspoon garlic powder
1 - 2 tablespoons dried onion
1 1/2 teaspoons dried basil
1/2 teaspoon oregano
1/4 teaspoon salt
1/4 teaspoon crushed red pepper
1 teaspoon sugar

Mix all ingredients in a pot and let it simmer in preheated **SUN OVEN**[®] for 60 - 90 minutes.

Apple Crisp*

Makes 9 x 12 pan

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

Topping:

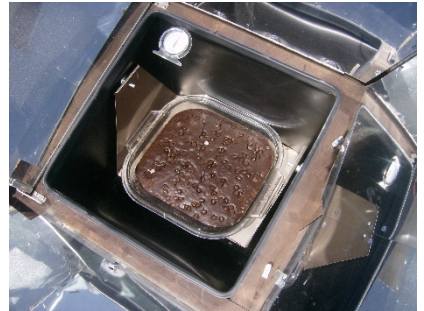
1 cup rolled oats
1 cup brown sugar
1 cup flour
1/4 teaspoon salt
1/3 teaspoon baking powder
1/2 teaspoon shortening

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

Brownies*

Makes 8 x 8 pan

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



Frosting:

6 tablespoons shortening
6 tablespoons cocoa
2 tablespoons corn syrup
1 teaspoon vanilla
2 cups powdered sugar
2 - 4 tablespoons milk

Mix shortening, sugar, and vanilla. Add eggs and mix. Add flour, cocoa, baking powder, salt and vanilla and mix. In preheated **SUN OVEN**® bake in 8 x 8 pan about 45 min or until done.

Mix frosting ingredients and frost when brownies have cooled completely.

Chocolate Cake*

Makes 9 x 12 pan

3 1/4 cups white flour	2 cups water
2 teaspoons baking soda	2 tablespoons vinegar
1 teaspoon salt	2/3 cup shortening
1 1/2 cups sugar	5 teaspoons vanilla
1/2 cup cocoa	1/2 cup chocolate chips
1/2 teaspoon baking powder	1/2 cup walnuts

Melt shortening in preheated **SUN OVEN**[®]. Combine dry ingredients in large bowl. Mix together melted shortening, water, vinegar and vanilla and stir into the dry mixture until smooth. Pour into 9 x 12 greased and floured pan and bake for 30 - 40 minutes or until done.

Chocolate Chip Cookies*

Makes 3 dozen

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

Mix shortening, sugars, vanilla, water, baking soda and salt until creamy. Add eggs, flour, nuts and chips. Bake in preheated **SUN OVEN**[®] on cookie sheets or baking racks until brown around the edges.

Chocolate Pudding or Pie*

Makes 7 cups

3 cups pudding mix
5 1/3 cups water

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

To make a pie crust, crumble enough graham 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 preheated **SUN OVEN**[®] until browned.

Spiced Honey Cake

Makes 9 x 5 loaf pan

- 1 1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 2/3 cup honey
- 1/2 cup sugar
- 1/2 cup vegetable oil
- 2 large eggs
- 1/2 cup warm water
- 1 cup raisins



Set **SUN OVEN**[®] out to preheat. Butter and flour a 9 x 5 x 3-inch loaf pan, set aside.

Whisk together first 7 ingredients, flour through salt, in a medium bowl. In a large bowl beat the honey, sugar, oil, and eggs until well blended. Beat in the dry ingredients in 2 additions. Beat in the warm water. Stir in the raisins. Pour batter into the prepared pan. Bake until brown and a toothpick inserted into the center of the cake comes out clean, about 1 hour. Cool cake in pan 10 minutes. Turn out onto a rack and cool completely.

Wheat Thins*

- 1/2 cup wheat flour
- 1/2 cup white flour
- 1/2 teaspoon salt
- 1/4 cup shortening
- 1 tablespoon dry milk + 1/4 cup water
- 1 teaspoon molasses

Melt shortening in preheated **SUN OVEN**[®]. 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 min or until browned. Salt while hot.

Dehydrating

Thinly slice any fruits or vegetables that you want to dehydrate. Place parchment paper on dehydrating racks and put items to be dried cut-side up on the dehydrating racks, about 1/2 inch apart.

Stack the racks on top of each other and place them on the leveling tray.



Turn one of the latches (located on the right side of the glass door) on the **SUN OVEN®** inward and set the glass on top leaving a gap between the gasket and the glass to allow moisture to escape.

Occasionally reposition the **SUN OVEN®** to track the sun as it moves across the sky. The ideal temperature for drying is between 110 and 150 degrees F. If the temperature goes over 150, it is best to open the glass door for 2 - 5 minutes to allow the temperature to drop and adjust focus, so the oven is not directly facing the sun. It is better for the oven temperature to be a bit on the low side. Too high a temperature could cook the food.

Many foods will dry in one day of sunshine. Wet foods such as tomatoes or pears or some meat jerky will require a second day. If the drying process is not complete at the end of the day leave the items to be dried in the **SUN OVEN®** and latch the latches over the glass. This will create an air tight seal suspending the drying overnight and preventing bugs from entering the oven chamber. The drying process can continue the next day.

Acknowledgments

~Contributed by Food Storage Made Easy

*Adapted from “**Everything Under the Sun Recipes**”

By Wendy DeWitt

Adapted from “SUN OVEN® Recipes**”

By Charles and Pam Dawsey



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