

# CONTENTS:

|                                  |    |
|----------------------------------|----|
| <b>History of Sun Oven</b> ..... | 14 |
|----------------------------------|----|

## **Appetizers**

|   |    |
|---|----|
| Savory Solar Potato and Green Bean Pie .....    | 20 |
| Solar Dried Zucchini .....                      | 21 |
| Solar Simmered Cannellini with Kale .....       | 22 |
| Sun Oven Fava Bean Hummus .....                 | 23 |
| Solar Garlic White Bean Dip .....               | 24 |
| Solar Roasted Eggplant Spread .....             | 25 |
| Solar Breakfast Mini Muffins .....              | 26 |
| Solar Roasted Carrot Dip .....                  | 27 |
| Solar Roasted Onions in Balsamic Marinade ..... | 28 |
| Solar Roasted Spiced Nuts .....                 | 29 |
| Solar Snack .....                               | 30 |
| Spicy Solar Snack .....                         | 31 |
| Sun Baked Sriracha Chips .....                  | 32 |
| Sun Oven Party Dip .....                        | 33 |
| Sun Oven Saves the Eggplant .....               | 34 |

## **Asparagus**

|  |    |
|--|----|
| Slow Solar Baked Asparagus .....         | 35 |
| Solar Roasted Asparagus .....            | 36 |
| Asparagus and Brown Rice Casserole ..... | 37 |

## **BBQ**

|                                     |    |
|-------------------------------------|----|
| BBQ Turkey Thighs .....             | 38 |
| Easy Sun Oven BBQ Pulled Pork ..... | 39 |
| Solar Baked BBQ Chicken Legs .....  | 40 |
| Succulent Solar Mac n' Cheese ..... | 41 |

## **Beans**

|   |    |
|---|----|
| Bean and Tuna Salad .....   | 42 |
| Easy Sweet Potato Chili .....                                     | 43 |
| Lamb Shanks with Cannellini Beans .....                           | 44 |
| Pasta e Fagioli .....   | 45 |
| Pasta Fagioli All'Americana .....                                 | 46 |
| Solar Baked Huevos Rancheros .....                                | 47 |
| Solar Braised Chicken with Butternut Squash and White Beans ..... | 48 |
| Pan Fried Solar Simmered Bean Patties .....                       | 49 |
| Solar Curried Split-Pea Soup .....                                | 50 |
| Solar Garlic White Bean Dip .....                                 | 51 |

|  |    |
|--|----|
| Solar Simmered Cannellini with Kale .....                          | 52 |
| Solar Soup with Fresh Rosemary .....                               | 53 |
| Sun Oven Pinto Bean Chili with Sweet Potato .....                  | 54 |
| Sun Oven White Bean Chili .....                                    | 55 |
| Spicy Solar Black Bean Soup .....                                  | 56 |
| Sun Oven Black Bean and Sweet Potato Soup .....                    | 57 |
| Sun Oven Cuban Black Bean Soup .....                               | 58 |
| Italian Style Beans .....  | 59 |
| Sun Oven Kale and Cannellini Soup .....                            | 60 |
| Sun Oven Pinto Beans .....   | 61 |
| Sun Oven Vegetarian Back Bean Soup .....                           | 62 |
| Solar Black Bean Chili with Butternut Squash and Swiss Chard ..... | 63 |
| Texas Caviar from the Sun Oven .....                               | 64 |
| Wheat Berry and Cranberry Bean Solar Soup .....                    | 65 |
| Aromatic Indian Lentil Stew .....                                  | 66 |
| Bean and Bacon Solar Soup .....                                    | 67 |
| Beans Today, Soup Tomorrow .....                                   | 68 |
| Black Bean and Sweet Potato Burritos .....                         | 69 |
| Black Bean Soup from the Sun Oven .....                            | 70 |
| Easiest Sun Oven Chili Ever .....                                  | 71 |
| Easy Bean Stew with Ham .....                                      | 72 |
| Hearty Solar Soup .....  | 73 |
| More Soup from the Sun Oven .....                                  | 74 |
| Solar Baked Vegetarian Burgers .....                               | 75 |
| Solar Beans and Bacon .....  | 76 |
| Solar Black-Eyed Pea Salad .....                                   | 77 |
| Solar Chicken Stew .....   | 78 |
| Solar Cook Today, Eat Today and Tomorrow .....                     | 79 |
| Solar Cooked Beans for Fried Bean Patties .....                    | 80 |
| Solar Navy Bean Soup .....   | 81 |
| Solar Soup and Homemade Pesto .....                                | 82 |

## **Beef**

|   |    |
|---|----|
| Braised Short Ribs with Parsnip Mashed Potatoes .....       | 83 |
| Sun Oven Beef Stew .....                                    | 84 |
| Double-Decker Sun Oven Beef Stew .....                      | 85 |
| Meatballs in the Sun .....                                  | 86 |
| One Pot Sun Oven Pasta and Meatballs .....                  | 87 |
| Onion Braised Chuck Short Ribs .....                        | 88 |
| Rigatoni with Beef Ragù .....                               | 89 |
| Solar Boneless Beef Short Ribs with Horseradish Cream ..... | 90 |
| Solar Braised Pot Roast .....                               | 91 |
| Solar Italian-Style Meat Loaf .....                         | 92 |
| Solar Meatloaf Muffins .....                                | 93 |
| Slow Simmered Sun Oven Tomato Sauce with Short Ribs .....   | 94 |

|   |      |
|---|------|
| Solar Pumpkin Chili Mexicana . . . . .                        | .95  |
| Sun Oven Braciola . . . . .                                   | .96  |
| Sun Oven Italian Meat Broth . . . . .                         | .97  |
| Sun Oven Bottom Round Roast . . . . .                         | .98  |
| Sun Oven Braised Short Ribs with Herbes de Provence . . . . . | .99  |
| Beef and Vegetable Loaf . . . . .                             | .100 |
| Sun Oven Mediterranean Beef Stew . . . . .                    | .101 |
| Simple Solar Roast Beef . . . . .                             | .102 |

**Beets**

|   |      |
|---|------|
| Solar Roasted Beets . . . . .   | .103 |
| Whole Wheat Spaghetti with Solar Roasted Beets, Brown Butter<br>and Poppy Seeds . . . . . | .104 |
| Yummy Solar Lunch from Leftovers . . . . .  | .105 |

**Bread**

|  |      |
|--|------|
| 100% Whole Wheat Bread . . . . .                 | .106 |
| Buttery Solar Baked Bridge Rolls . . . . .       | .107 |
| Cheesy Sun Oven Quick Bread . . . . .            | .108 |
| Light Sun Oven Whole-Wheat Bread . . . . .       | .109 |
| Muesli Raisin Bread . . . . .                    | .110 |
| Pane all'Olio di Oliva . . . . .                 | .111 |
| Simple Sun Oven Bread . . . . .                  | .112 |
| Solar Baked Anadama Bread . . . . .              | .113 |
| Solar Baked Buttermilk Bread . . . . .           | .114 |
| Solar-Baked Focaccia Bread . . . . .             | .115 |
| Solar Baked French Toast . . . . .               | .116 |
| Solar Baked Olive Oil Muffins . . . . .          | .117 |
| Solar Baked Parsnip and Nutmeg Bread . . . . .   | .118 |
| Solar Bread with Rice . . . . .                  | .119 |
| Solar Farmhouse Bread . . . . .                  | .120 |
| Solar Pumpkin Bread . . . . .                    | .121 |
| Solar Zucchini Bread . . . . .                   | .122 |
| Sun Baked Carrot Zucchini Bread . . . . .        | .123 |
| Sun Baked Oatmeal Sandwich Bread . . . . .       | .124 |
| Sun Oven Bran and Yogurt Bread . . . . .         | .125 |
| Sun Oven Bread with Sun-Dried Tomatoes . . . . . | .126 |
| Sun Oven Breadsticks . . . . .                   | .127 |
| Sun Oven Breakfast Bread . . . . .               | .128 |
| Sun Oven Chelsea Buns . . . . .                  | .129 |
| Sun Oven Maple Oat Bread . . . . .               | .130 |
| Sun Oven Multi-Grain Bread . . . . .             | .131 |
| Sun Oven Saffron Potato Bread . . . . .          | .132 |
| Sun Oven Whole-Wheat Rolls . . . . .             | .133 |
| Sun Oven Sweet Potato bread . . . . .            | .134 |

|                                    |     |
|------------------------------------|-----|
| Sun Oven Wild Rice Bread . . . . . | 135 |
|------------------------------------|-----|

**Chicken**

|   |     |
|---|-----|
| Solchicken Noodle Soup Express . . . . .                              | 136 |
| Chicken Thighs with Rice and Mixed Vegetables . . . . .               | 137 |
| Chicken with Two Lemons . . . . .                                     | 138 |
| Easy Sun Oven Tunisian Chicken Stew . . . . .                         | 139 |
| Frozen Chicken – Before and After . . . . .                           | 140 |
| Moroccan Sun Oven Chicken . . . . .                                   | 141 |
| No Fuss Sun Oven Chicken Masala . . . . .                             | 142 |
| Solar Baked BBQ Chicken Legs . . . . .                                | 143 |
| Solar Baked Turkey and Biscuit Potpie . . . . .                       | 144 |
| Solar Braised Chicken and Red Cabbage . . . . .                       | 145 |
| Solar Braised Chicken and Root Vegetables . . . . .                   | 146 |
| Solar Braised Chicken Sausage . . . . .                               | 147 |
| Solar Braised Chicken with Butternut Squash and White Beans . . . . . | 148 |
| Solar Braised Chicken with Tomatoes and Olives . . . . .              | 149 |
| Solar Chicken Stock . . . . .   | 150 |
| Solar Chicken Vindaloo . . . . .                                      | 151 |
| Solar Chicken with Figs . . . . .                                     | 152 |
| Solar Chicken with Herbs and Lemon . . . . .                          | 153 |
| Solar Lunchbox Drumsticks . . . . .                                   | 154 |
| Solar Roasted Chicken with Garlic and Rosemary . . . . .              | 155 |
| Solar Sweet-and-Sour Chicken Thighs . . . . .                         | 156 |
| Solar Tandoori Chicken in a Bag . . . . .                             | 157 |
| Spicy Solar Chickpea Curry . . . . .                                  | 158 |
| Sun Oven “Fried” Chicken Legs . . . . .                               | 159 |
| Sun Oven Apricot Chicken . . . . .                                    | 160 |
| Sun Oven Braised Chicken with Herbs . . . . .                         | 161 |
| Sun Oven Braised French Basil Chicken . . . . .                       | 162 |
| Sun Oven Chicken Adobo . . . . .                                      | 163 |
| Sun Oven Chicken Do Pyaza . . . . .                                   | 164 |
| Sun Oven Chicken Pho . . . . .  | 165 |
| Sun Oven Chicken Soup . . . . .                                       | 166 |
| Sun Oven Coq au Vin . . . . .   | 167 |
| Sun Oven Curried Chicken and Sweet Potato Soup . . . . .              | 168 |
| Sun Oven Pollo alla Cacciatora . . . . .                              | 169 |
| Super Easy Solar Chicken Dinner . . . . .                             | 170 |

**Chickpeas**

|   |     |
|---|-----|
| Indian Spiced Frittata . . . . .                          | 171 |
| Sun Oven Chickpea and Cauliflower Soup . . . . .          | 172 |
| Sun Oven Chickpea Patties . . . . .                       | 173 |
| Sun Oven Couscous and Chickpea Stuffed Peppers . . . . .  | 174 |
| Sun Oven Curried Chickpea and Sweet Potato Soup . . . . . | 175 |

|  |     |
|--|-----|
| Sun Oven Kale, Sweet Potato, and Chickpea Stew ..... | 176 |
| Sun Oven Slow Simmered Vegetable Curry .....         | 177 |
| Vegan Chickpea Bake with Tahini Sauce .....          | 178 |

**Cookies**

|   |     |
|---|-----|
| Big Sun Oven Oatmeal Cookies .....          | 179 |
| Cantuccini .....                            | 180 |
| Chocolate and Vanilla Pinwheels .....       | 181 |
| Solar Apricot Squares .....                 | 182 |
| Solar Baked Oatmeal Bites .....             | 183 |
| Solar Breakfast Bars .....                  | 184 |
| Sun Oven Almond Apricot Bars .....          | 185 |
| Sun Oven Almond Macaroons .....             | 186 |
| Sun Oven Coconut Raspberry Bars .....       | 187 |
| Sun Oven Cranberry Orange Garibaldi's ..... | 188 |
| Sun Oven Maple Cookies .....                | 189 |
| Sun Oven Maple-Glazed Bars .....            | 190 |
| Sun Oven Molasses Cookies .....             | 191 |
| Sun Oven Muesli Cookies .....               | 192 |
| Healthy Solar Scones .....                  | 193 |

**Dehydrating**

|   |     |
|---|-----|
| Assorted Solar Dried Fruits .....         | 194 |
| Dehydrating Food using the Sun Oven ..... | 195 |
| Solar Baked Crackers .....                | 196 |
| Solar Dried Zucchini .....                | 197 |

**Dessert**

|  |     |
|--|-----|
| Individual Sun Oven Peach Cobblers .....   | 198 |
| Pan Forte .....                            | 199 |
| Simple Almond Cake .....                   | 200 |
| Solar Apple-Pear Sauce .....               | 201 |
| Solar Baked Blueberry Phyllo Pouches ..... | 202 |
| Solar Berry Oatmeal Crisps .....           | 203 |
| Solar Steamed Carrot Pudding .....         | 204 |
| Sun Oven Apple Upside-Down Cake .....      | 205 |
| Sun Oven Apricot Almond Honey Loaf .....   | 206 |
| Sun Oven Baked Apples .....                | 207 |
| Sun Oven Blueberry Bundt Cake .....        | 208 |
| Sun Oven Brownies .....                    | 209 |
| Sun Oven Peach Cobbler .....               | 210 |
| Sun Oven Spiced Honey Cake .....           | 211 |
| Sun Oven Vegan Chocolate Cupcakes .....    | 212 |
| Pineapple Upside-Down Biscuits .....       | 213 |

## **Eggs**

|  |     |
|--|-----|
| Baked Eggs on Toast . . . . .                      | 214 |
| Solar Crust-less Quiche Lorraine . . . . .         | 215 |
| Crustless Solar Quiche . . . . .                   | 216 |
| Eggs in the Sun . . . . .                          | 217 |
| Frittata alle Erbe . . . . .                       | 218 |
| Frittata with Zucchini, Leek, and Potato . . . . . | 219 |
| Indian Spiced Frittata . . . . .                   | 220 |
| Solar Baked Mac and Cheese Muffins . . . . .       | 221 |
| Mini-Frittata Solar Sandwiches . . . . .           | 222 |
| Savory Solar Pumpkin Pudding . . . . .             | 223 |
| Solar Baked Eggs in Tomatoes . . . . .             | 224 |
| Solar Baked Green Eggs and Ham . . . . .           | 225 |
| Solar Baked Huevos Rancheros . . . . .             | 226 |
| Solar Cheese and Onion Pie . . . . .               | 227 |
| Solar Root Vegetable Muffins . . . . .             | 228 |
| Solar Sweet Potato Quiche . . . . .                | 229 |
| Sun Oven Eggs in Edible Rings . . . . .            | 230 |
| Sun Oven Frittata with Onions . . . . .            | 231 |
| Sun Oven Pizza Dough Quiche . . . . .              | 232 |
| Sun Oven Pumpkin Frittata . . . . .                | 233 |
| Sun Oven Risotto Frittata . . . . .                | 234 |

## **Fish**

|                                 |     |
|---------------------------------|-----|
| Sun Oven Baked Salmon . . . . . | 235 |
| Solar Salmon Strudel . . . . .  | 236 |
| Bean and Tuna Salad . . . . .   | 237 |
| Solar Salmon Loaf . . . . .     | 238 |

## **Lamb**

|  |     |
|--|-----|
| Greek-Style Meatballs in Tomato Sauce . . . . .            | 239 |
| Lamb Shanks with Cannellini Beans . . . . .                | 240 |
| Solar Braised Lamb Shanks . . . . .                        | 241 |
| Solar Braised Lamb Shanks with Herbs de Provence . . . . . | 242 |
| Solar Braised Tunisian Lamb Shanks . . . . .               | 243 |
| Solar Roast Leg of Lamb with Rosemary Potatoes . . . . .   | 244 |
| Sun Oven Moroccan Lamb Stew . . . . .                      | 245 |
| Sun Oven Shepherd's Pie . . . . .                          | 246 |

## **Lasagna**

|  |     |
|--|-----|
| Solar Pesto Lasagna . . . . .                  | 247 |
| Sun Oven Asparagus Lasagna . . . . .           | 248 |
| Sun Oven Squash and Hazelnut Lasagna . . . . . | 249 |
| Mushroom Lasagna . . . . .                     | 250 |

## **Lentils**

|   |     |
|---|-----|
| Basic Solar Lentils . . . . .   | 251 |
| Curried Red Lentil Stew with Carrots and Sweet Potato Garlicky Sun Oven Red . . . . . | 252 |
| Lentil Soup. . . . .  | 253 |
| Solar Indian Inspired Red Lentil Soup. . . . .  | 254 |
| Solar Lentil Loaf . . . . .   | 255 |
| Solar Red Lentil Soup . . . . .   | 256 |
| Solar Squash Curry . . . . .  | 257 |
| Sun Oven Curried Lentil Soup . . . . .  | 258 |
| Sun Oven Lentil Sloppy Joe's. . . . .   | 259 |
| Sun Oven Lentil Stew . . . . .  | 260 |
| Sun Oven Lentils and Red Sauce. . . . .   | 261 |
| Sun Oven Rice and Lentils. . . . .  | 262 |
| Sun Oven Lentil Bolognese . . . . .   | 263 |

## **Muffins**

|   |     |
|---|-----|
| Banana Coconut Muffins . . . . .                | 264 |
| Banana Cornbread Muffins . . . . .              | 265 |
| Honey Oat Bran Muffins. . . . .                 | 266 |
| Solar Baked Maple Muffins . . . . .             | 267 |
| Solar Baked Olive Oil Muffins . . . . .         | 268 |
| Solar Sour Cream Muffins . . . . .              | 269 |
| Sun Oven Apple and Cheddar Muffins . . . . .    | 270 |
| Sun Oven Apple Muffins. . . . .                 | 271 |
| Sun Oven Applesauce Muffins . . . . .           | 272 |
| Sun Oven Banana Muffins. . . . .                | 273 |
| Sun Oven Honey Muffins . . . . .                | 274 |
| Sun Oven Lemon-Poppy Seed Mini-Muffins. . . . . | 275 |
| Sun Oven Maple Bran Muffins . . . . .           | 276 |
| Sun Oven Maple-Pumpkin Muffins . . . . .        | 277 |
| Sun Oven Oat Meal Applesauce Muffins . . . . .  | 278 |
| Sun Oven Oatmeal Raisin Muffins . . . . .       | 279 |
| Sun Oven Savory Parmesan Muffins. . . . .       | 280 |
| Sun Oven Tea Infused Muffins . . . . .          | 281 |
| Sun Oven Zucchini Bread Muffins . . . . .       | 282 |
| Big Sun Oven Oatmeal Cookies . . . . .          | 283 |
| Solar Breakfast Bars . . . . .                  | 284 |
| Sun Oven Irish Soup with Oats. . . . .          | 285 |
| Sun Oven Muesli Cookies . . . . .               | 286 |
| Sun Oven Oat Crackers . . . . .                 | 287 |
| Sun Oven Oatmeal Raisin Muffins . . . . .       | 288 |

## **Pasta**

|                                   |     |
|-----------------------------------|-----|
| Amatriciana Pasta Sauce . . . . . | 289 |
| Italian Tomato Sauce . . . . .    | 290 |

|  |     |
|--|-----|
| Solar Rosemary Tomato Pasta sauce .....  | 291 |
| Solar Baked Mac and Cheese Muffins .....   | 292 |
| Meatballs in the Sun .....   | 293 |
| One Pot Sun Oven Pasta and Meatballs .....   | 294 |
| Pasta e Fagioli .....  | 295 |
| Puttanesca Pasta Sauce.....  | 296 |
| Rigatoni with Beef Ragù .....  | 297 |
| Solar Baked Rigatoni .....   | 298 |
| Slow Simmered Sun Oven Tomato Sauce with Short Ribs .....                              | 299 |
| Solar Pasta .....  | 300 |
| Solar Pasta with Rapini .....  | 301 |
| Solar Pesto Lasagna .....  | 302 |
| Solar Tomato and Butter Sauce .....  | 303 |
| Succulent Solar Mac n' Cheese .....  | 304 |
| Solar Pasta Sauce .....  | 305 |
| Sun Oven Arrabbiata Sauce .....  | 306 |
| Sun Oven Pasta Sauce with Black Olives .....   | 307 |
| Sun Oven Radicchio and Bean Pasta Sauce.....   | 308 |
| Sun Oven Smothered Onion Sauce .....   | 309 |
| Sun Roasted Tomatoes.....  | 310 |
| Tomato Sauce with Porcini Mushrooms.....   | 311 |
| Whole Wheat Spaghetti with Solar Roasted Beets, Brown Butter,<br>and Poppy Seeds ..... | 312 |

## **Polenta**

|  |     |
|--|-----|
| Creamy Sun Oven Polenta and Cheese .....                               | 313 |
| Sun Oven No Stir Polenta .....   | 314 |
| Sun Oven Baked Polenta and Chili .....                                 | 315 |
| Sun Oven Baked Polenta .....   | 316 |
| Solar Braised Lamb Shanks with Herbs de Provence on a Bed of Sun ..... | 317 |
| Sun Oven Baked Polenta and Chili .....                                 | 318 |

## **Pork**

|  |     |
|--|-----|
| Solar Braised Pork Chops with Apricots .....     | 319 |
| Solar Braised Orange Pork Chops.....             | 320 |
| Italian Pork Solar Braised in Milk .....         | 321 |
| Sun Oven Cranberry-Apricot Pork Tenderloin ..... | 322 |
| Drunk Solar Roast Pork .....                     | 323 |
| Super Spicy Sun Oven Stewed Pork.....            | 324 |
| Sun Oven Mediterranean Pork Stew.....            | 325 |
| Sun Roasted Pork Tenderloin .....                | 326 |
| Solar Braised Pork Roast with Apples.....        | 327 |
| Solar Glazed Ham.....                            | 328 |
| Sun Oven Southwestern Green Chili .....          | 329 |
| Sun Oven Smoker .....                            | 330 |



|  |     |
|--|-----|
| Dry Rub for Pulled Pork .....                | 331 |
| Sausage and Rapini Sun Oven Gratin .....     | 332 |
| Solar Roasted Tomato Confit with Bacon ..... | 333 |

### **Potatoes**

|  |     |
|--|-----|
| Sun Oven Kielbasa Bake .....                     | 334 |
| Sun Oven Potato and Carrot Bake .....            | 335 |
| Solar Braised Potatoes .....                     | 336 |
| Spicy Sun Oven Whipped Sweet Potatoes .....      | 337 |
| Sun Roasted Fingerling Potatoes with Bacon ..... | 338 |
| Savory Solar Potato and Green Bean Pie .....     | 339 |
| Rosemary-Parmesan Accordion Potatoes .....       | 340 |
| SO Shepherd's Pie .....                          | 341 |
| Sicilian Potato Gratin .....                     | 342 |

### **Rice**

|   |     |
|---|-----|
| Black Bean Rice .....                               | 343 |
| Sun Oven Risotto with Radicchio .....               | 344 |
| Creamy Risotto with Turnips .....                   | 345 |
| Risotto al Pomodoro (Tomato Risotto) .....          | 346 |
| Sun Oven Risotto con Porcini .....                  | 347 |
| Solar Butternut Squash Risotto .....                | 348 |
| Solar Risotto alla Milanese .....                   | 349 |
| Risotto al Minestrone .....                         | 350 |
| Asparagus and Brown Rice Casserole .....            | 351 |
| Chicken Thighs with Rice and Mixed Vegetables ..... | 352 |

### **Salmon**

|                             |     |
|-----------------------------|-----|
| Sun Oven Baked Salmon ..... | 353 |
| Solar Salmon Strudel .....  | 354 |

### **Side Dishes**

|   |     |
|---|-----|
| Sun Oven Summer Vegetable Tian .....                                      | 355 |
| Sun Oven Maple-Glazed Squash .....  | 356 |
| Roasted Carrots .....   | 357 |
| Sformato di Broccoli e Calvolfiore (Baked Broccoli and Cauliflower) ..... | 358 |
| Solar Baked Stuffed Squash .....  | 359 |
| Slow Solar Braised Red Cabbage .....                                      | 360 |

### **Soup**

|                                      |     |
|--------------------------------------|-----|
| Asian Inspired Sun Oven Stock .....  | 361 |
| Solar Vegetable Stock .....          | 362 |
| Sun Oven Curried Carrot Soup .....   | 363 |
| Sun Oven Parsnip Soup .....          | 364 |
| Creamy Sun Oven Asparagus Soup ..... | 365 |

|  |     |
|--|-----|
| Sun Oven Split Pea Soup with Caramelized Onions . . . . .              | 366 |
| Sun Oven Savoy Cabbage Soup . . . . .                                  | 367 |
| Sun Oven Fava Bean Soup . . . . .                                      | 368 |
| Sun Oven Beet Soup with Fennel and Ginger . . . . .                    | 369 |
| Sun Oven Roasted Tomato Soup . . . . .                                 | 370 |
| Sun Oven Cauliflower and Bean Soup . . . . .                           | 371 |
| Sun Oven Celery Soup with Curry . . . . .                              | 372 |
| Sun Oven Black-eyed Pea Soup . . . . .                                 | 373 |
| Sun Oven Arlecchino Split Pea Soup . . . . .                           | 374 |
| Sun Oven Beet and Fennel Soup . . . . .                                | 375 |
| Sun Oven African Squash and Lima Bean Soup . . . . .                   | 376 |
| Sun Oven Cauliflower Soup . . . . .                                    | 377 |
| Skinny Solar Cream of Broccoli Soup . . . . .                          | 378 |
| Solar Butternut Squash and Apple Soup . . . . .                        | 379 |
| Solar Tomato Soup . . . . .  | 380 |
| Solar Black Bean Chili with Butternut Squash and Swiss Chard . . . . . | 381 |
| Butternut Squash Soup with Bacon . . . . .                             | 382 |
| Solar Carrot Soup with Star Anise . . . . .                            | 383 |
| Solar Potato and Leek Soup . . . . .                                   | 384 |
| Pumpkin and Potato Solar Soup . . . . .                                | 385 |
| Roasted Acorn Squash Soup Bowls . . . . .                              | 386 |
| Pasta e Ceci (Chickpea and Pasta Soup) . . . . .                       | 387 |
| Solar Minestrone Soup . . . . .  | 388 |
| Sun Oven Root Vegetable Soup . . . . .                                 | 389 |
| Solar Simmered Fennel and Zucchini Soup . . . . .                      | 390 |
| Solar Fennel and Potato Soup . . . . .                                 | 391 |
| Sun Oven Split Pea Soup . . . . .                                      | 392 |

**Squash**

|                                       |     |
|---------------------------------------|-----|
| Solar Lunch for One . . . . .         | 393 |
| Sun Roasted Parmesan Squash . . . . . | 394 |
| Butternut Squash . . . . .            | 395 |
| Solar Beef Stew . . . . .             | 396 |

**Turkey**

|  |     |
|--|-----|
| Sun Oven Turkey Roulades with Spinach and Prosciutto . . . . . | 397 |
| Sun Oven Cardamon-Honey Roast Turkey Thighs . . . . .          | 398 |
| Sun Oven Roast Turkey Thighs with Sage and Garlic . . . . .    | 399 |
| Solar Biscuits and Pot Pie . . . . .                           | 400 |
| Solar Roasted Turkey . . . . .                                 | 401 |
| Solar Turkey Loaf . . . . .                                    | 402 |
| Turkey Thighs and Stuffing . . . . .                           | 403 |
| Stuffed Turkey Breast . . . . .                                | 404 |

|   |            |
|---|------------|
| <b>Orphan Grain Train Partnership . . . . .</b> | <b>406</b> |
|---|------------|