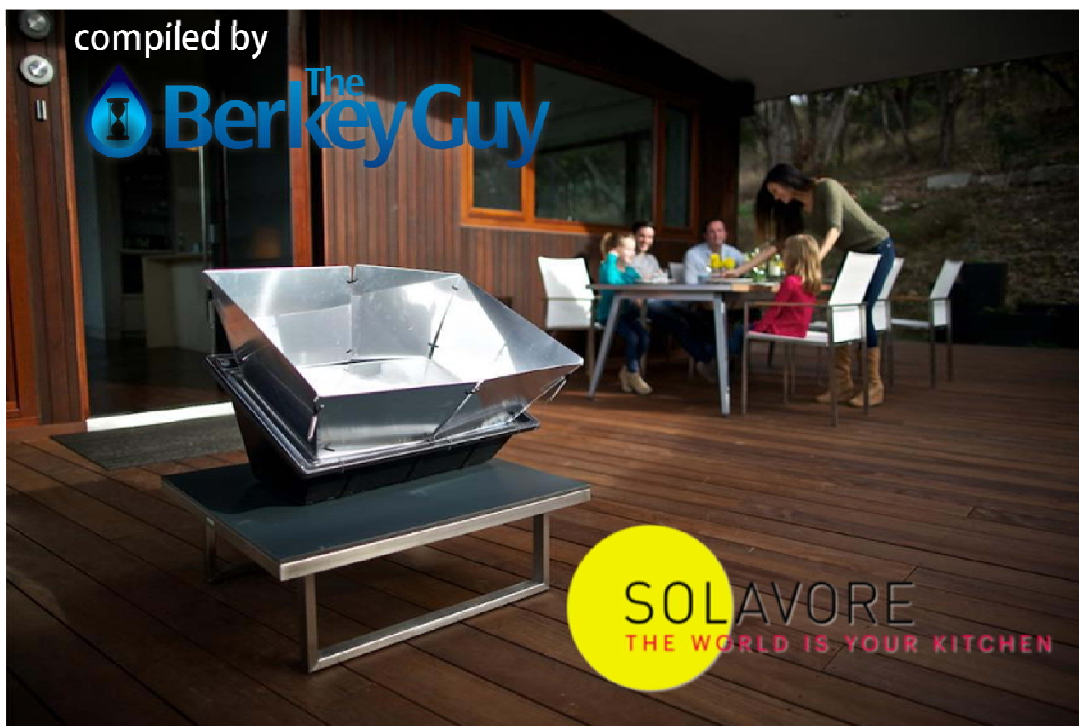


10 Main Dish RECIPES



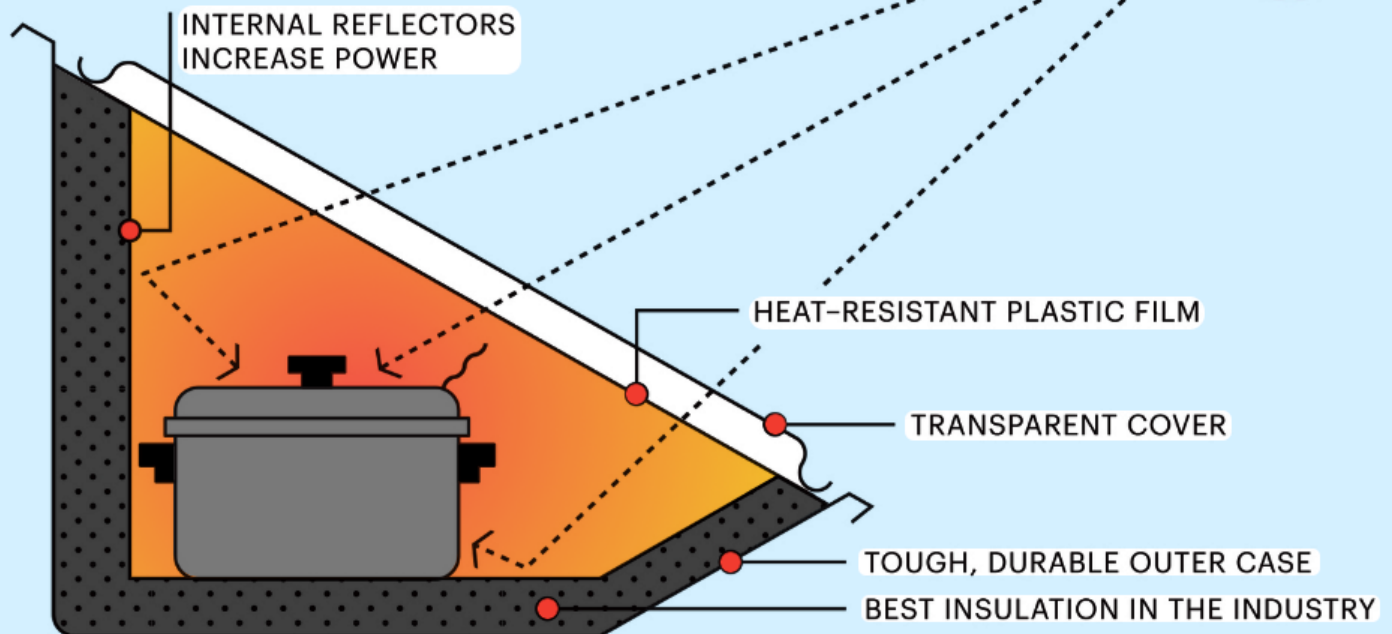
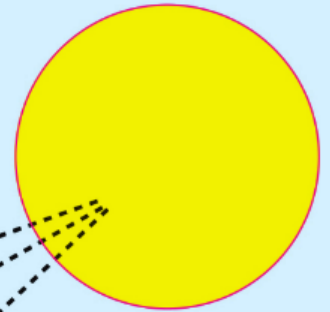
by the
**Solavore Sport
Solar Oven**

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HOW THE SPORT WORKS:

1. Sunlight enters the oven.
2. The dark interior, pots and lids absorb light, transforming the sun's energy into heat.
3. Heat is trapped inside—an environmentally beneficial use of the greenhouse effect!



Southwestern Quinoa with Sweet Potato and Black Beans

Ingredients:

- 1 can of black beans, drained (15 oz)
- 1 large sweet potato cut in 1/2 to 3/4 inch dice
- 1 cup uncooked, rinsed quinoa
- 1 cup corn, fresh or frozen
- 4 cloves garlic, minced
- 1 cup water or broth
- 1 cup salsa
- 1 1/2 T taco seasoning

Optional:

- chopped fresh jalapeño
- salt & pepper to taste

Garnish: green onions and cilantro



Directions:

- Place all ingredients in your Sport graniteware pot and give it a stir.
- Place the covered pot in the pre-heated Solavore Sport and let cook for 2.5 to 3 hours.
- Once the sweet potatoes are cooked through and the liquid has been absorbed, it is ready to eat.
- Garnish with the cilantro and green onions and use salt and pepper if desired.

Butternut Squash and Greens Lasagna

Ingredients:

- 1 large butternut squash, peeled & cut in to one inch cubes
- 1 large onion, peeled and cut into one inch cubes
- 1 box no boil lasagna noodles
- 1 bunch of greens, spinach, kale, chard, etc., washed and chopped
- 2 cups of grated mozzarella cheese
- 3/4 cup grated asiago cheese
- (1) 15 oz jar prepared alfredo sauce (homemade is even better!)
- 1-2 springs of fresh rosemary
- 2 T olive oil
- kosher salt
- black pepper



Directions:

1. Divide the cubed onion and squash between your two Sport graniteware pots. Drizzle the squash with olive oil and stir to coat. Add chopped rosemary and season with some kosher salt and pepper. Place the pots in the Sport and allow to cook in the sun until the squash is tender and the onions are translucent, 2-3 hours.
2. When you are ready to assemble the lasagna, place the butternut squash and onions (including rosemary and cooking liquid) from one pot in a food processor and puree until smooth. Depending on the size of your squash, this one pot may be enough for one lasagna.
3. Spread a thin layer of alfredo sauce on the bottom of an 11 x 7 inch pan. Place uncooked lasagna noodles on top of the sauce. Spread half of your pureed squash on top and spread out evenly on the noodles. Next, layer in half of your raw chopped greens, half of the remaining alfredo sauce and half of the cheeses. Create one more layer starting with noodles, then squash, greens, sauce and cheese.
4. Cover with aluminum foil sealed tightly around the pan. If available, place a black dish towel over top of the foil to maximize cooking temperatures. Bake the lasagna until the noodles are cooked through (approximately 1.5 to 2 hours) then remove the foil and let it cook uncovered for another 20 to 30 minutes.

Once you remove it from the oven, let the lasagna cool slightly before serving.

Channa Masala

Ingredients:

- 1 tbsp. butter
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 tbsp. ginger, minced
- 1 jalapeno, seeded and diced
- 1 tbsp. coriander
- 2 tsp. cumin
- 2 tsp. paprika
- 2 tsp. garam masala
- 1 tsp. ground turmeric
- 14 oz. diced canned tomatoes and juice
- 1/3 cup vegetable broth
- 30 oz. canned chickpeas, drained and rinsed
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 lemon



Directions:

- Melt the butter in a large skillet over medium heat.
- Add the onions and cook for 10-12 minutes until translucent. This step can also be done in the solar oven by letting the onions, garlic and butter cook in a covered graniteware pot for 30-40 minutes.
- Add the garlic, ginger, and jalapenos.
- Cook for 2-3 minutes until fragrant.
- Add the coriander, cumin, paprika, garam masala, and turmeric.
- Cook for 30 seconds until fragrant.
- Add the tomatoes and stir.
- Pour everything into your graniteware pot along with the chickpeas, broth, salt, and pepper.
- Place covered pot in your pre-heated Solavore Sport and let cook for 4-6 hours.

You can let this cook all day long if you prefer.
Squeeze lemon juice in before serving.

Solavore Smokin' Chili

Ingredients:

- 2 tablespoons olive oil
- 3 1/2 pounds ground chuck beef, ground for chili
- Coarse salt and freshly ground pepper
- 1 large white onion, chopped
- 3 cloves garlic, finely chopped
- 1/2 habanero chile, seeded and very finely chopped
- 1/4 cup chile powder
- 1 tablespoon dried oregano
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon chipotle pepper
- 4 (14.5-ounce) diced fire-roasted tomatoes, coarsely chopped with their juices
- 1/3 cup chopped fresh cilantro, plus more for serving
- 1 (12-ounce) bottle amber beer
- 2 (15-ounce) cans kidney beans, drained and rinsed



For serving:

- Tortilla chips
- Shredded cheddar cheese
- Chopped tomatoes
- Sour cream
- Lime wedges

Directions:

1. In large skillet, heat 1 tbspn olive oil over medium-high heat. Working in batches if necessary, add beef and cook until no longer pink, about 3 minutes. Season with salt and pepper; drain in a colander, discarding fat, and set aside.
2. Add remaining tablespoon olive oil to skillet and reduce heat to medium. Add onions, garlic, and habanero; season with salt. Cook until translucent, about 5 minutes.
3. Combine beef, onion mixture, chile powder, oregano, cumin, and chipotle pepper; stir to combine. Add tomatoes, cilantro, and beer. Divide evenly between two Solavore Sport Granite Ware pots. Cover, set in sun and cook for 5 hours. You may wish to use reflectors if you are getting a late start (noon or later) or there are passing clouds. *Chili may be frozen at this point and reheated at a later date. Thaw completely before proceeding to next step.*
4. Add kidney beans and season with salt and pepper. Continue cooking for an additional hour or until beans are heated through. Garnish with cilantro and serve with desired toppings.

Chicken Fajitas

Ingredients:

- 2 lbs boneless skinless chicken breast halves
- 1 (14.5 oz) can petite diced tomatoes with green chilies
- 1 red, orange and green bell pepper, julienned
- 1 large yellow onion, halved and sliced
- 4 cloves garlic, minced
- 2 1/2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp paprika
- 3/4 tsp ground coriander
- 1 tsp salt
- 3/4 tsp pepper
- 2 Tbsp fresh lime juice
- 1 Tbsp honey



For serving: Flour tortillas, sour cream, cilantro, salsa, guacamole, monterrey jack or cheddar cheese

Directions:

- Pour half of canned tomatoes into bottom of graniteware pot.
- Top with half of the peppers and half of the onions.
- Sprinkle garlic in, topped with chicken breasts.
- In a bowl whisk together chili powder, cumin, paprika, coriander, salt and pepper.
- Evenly sprinkle half of the seasoning over chicken breasts then flip chicken and sprinkle in remainder.
- Top with remaining half of the tomatoes, then layer in remaining peppers and onions.

Cover & cook in Solavore Sport until chicken has cooked through and veggies are tender (approximately 3-4 hours).

- Remove chicken, cut into strips, or shred.
- Ladle out 1 cup of the broth from pot (mostly tomato liquid) and discard.
- In a small bowl whisk together lime juice and honey and add to slow cooker along with chicken and season with additional salt to taste if desired.

Gently toss & serve warm in warmed tortillas with sour cream and optional guacamole, cheese and salsa.

Chicken Mole

Ingredients:

- 4 pounds boneless, skinless chicken thighs (about 12)
- Coarse salt
- 1 can (28 ounces) whole tomatoes
- 1 medium yellow onion, roughly chopped
- 2 dried ancho chiles (stemmed) OR
- 2 t. ancho chile powder
- 1 large chipotle chile in adobo sauce
- 1/2 cup sliced almonds, toasted
- 1/4 cup raisins
- 3 ounces bittersweet chocolate, finely chopped (1/2 cup)
- 3 garlic cloves, smashed and peeled
- 3 tablespoons extra-virgin olive oil
- 3/4 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon



Garnish: fresh cilantro leaves, for serving

Directions:

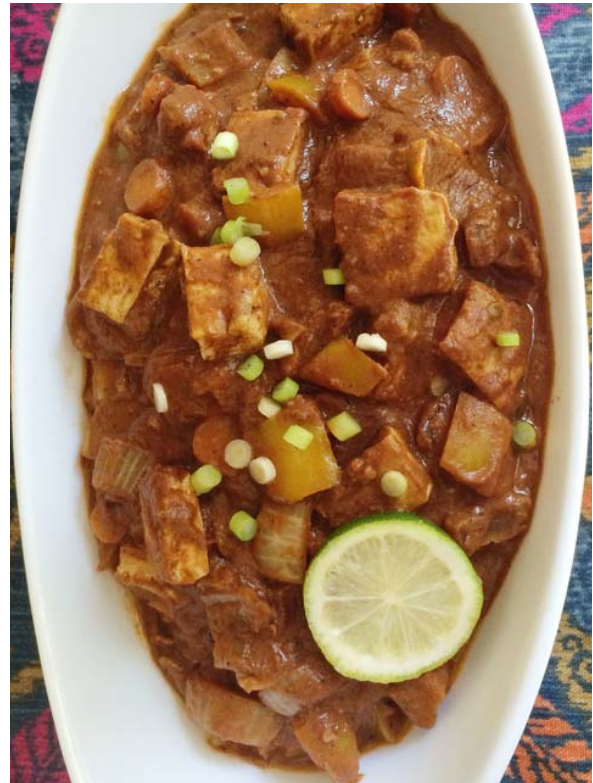
- Season chicken thighs with salt and divide between two Solavore Sport pots.
- In a blender, puree tomatoes, onion, ancho and chipotle chiles, almonds, raisins, chocolate, garlic, oil, cumin, and cinnamon until smooth.
- Add tomato mixture to Sport pot(s), cover, and cook with reflectors until chicken is tender, 2-3 hours (or 4-6 hours without reflectors).

Serve chicken and sauce topped with cilantro.

Coconut Tofu Curry

Ingredients:

- 1 13.5 oz can light coconut milk
- 1 tablespoon curry powder
- 1 tablespoon garam masala
- 2 tablespoons creamy peanut butter
- 6 oz tomato paste
- 1 ½ teaspoons kosher salt
- 2 cloves garlic, minced
- 1 cup diced onion
- 1 yellow or red bell pepper, cut in one inch pieces
- 1/2 cup carrots, sliced
- 1 package firm or extra firm tofu, cubed (about 3/4 in size) Tofu from the refrigerated produce section works best.



Directions:

- Combine the first seven ingredients (coconut milk through garlic) in bowl & whisk to combine until smooth.
- Place onion, bell pepper, carrots and tofu in your Sport graniteware pan.
- Pour the coconut sauce mixture over the tofu and stir just enough to combine.
- Cover the pot and place in the Solavore Sport.
- Cook slowly in the sun, 3.5 to 4 hours.

This curry is delicious served warm over brown rice.

Coq au Vin

Ingredients:

- 8 chicken thighs/drumsticks
- 4 T. flour
- 4 oz. bacon, diced
- 2 T. olive oil or butter
- 12 oz. mushrooms, quartered
- 2 carrots, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 t. salt
- ½ c chicken broth
- 2 c. red wine (pinot noir preferred)
- 2 sprigs fresh thyme
- 2 bay leaves

Optional: salt & pepper to taste

Directions:

- Season the chicken with salt and pepper.
- Lightly coat with flour and set aside.
- Heat a large skillet over medium-high heat.
- Add bacon and cook until crisp, about 3 minutes.
- Set aside. Add chicken to pan and cook until golden brown on all sides.
- Transfer to a plate and set aside.
- Melt 2 T. butter or oil in pan, if needed, and sauté mushrooms until they start to turn brown, 3-4 minutes.
- Add carrots, onion, garlic and salt and cook until vegetables begin to soften.
- Deglaze the pan with the chicken stock and wine.
- Transfer the vegetable mixture, along with thyme and bay leaves, to your solar oven pot.
- Arrange chicken in the pot and sprinkle the bacon on top.
- Cover and place in the Sport.
- Let the sun do it's magic for 3 to 4 hours.
- Season with salt and pepper and serve.

Makes 4-6 servings

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10 Main Dish Recipes - Solavore Sport Solar Oven



Jerk Chicken

Ingredients:

- 4 scallions, chopped
- 4 large garlic cloves, chopped
- 1 small onion, chopped
- 2 to 3 fresh Scotch bonnet or 1 habanero chili, stemmed and seeded
- 1/4 cup fresh lime juice
- 2 T. soy sauce
- 3 T. olive oil
- 1 ½ t. salt
- 1 T. packed brown sugar
- 1 T. fresh thyme leaves
- 2 t. ground allspice
- 2 t. black pepper
- ½ t. freshly grated nutmeg
- ½ t. cinnamon



4-5 lbs. chicken thighs, drumsticks, or breasts

Directions:

Combine all marinade ingredients in a food processor and blend until smooth. Marinate chicken pieces in the Jerk marinade over night or up to one full day.

Remove chicken from marinade and place it in your pot. Put the pot in the Sport, aim it towards the sun and let it cook until it's done, usually 1 ½ to 2 hours.

Pulled Pork Sliders

Ingredients:

- boneless pork loin, 2 to 2 1/2 pounds
- bottled barbecue sauce
- slider buns
- coleslaw

Spice rub

combine the following, or purchase one, or make your own

- 1 cup brown sugar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp coriander
- 1 tsp paprika
- 1 tsp chipotle chili powder
- 1 tsp cumin



Directions:

- Rinse the meat and trim off larger pieces of fat.
- Cut into thirds if desired to speed up cooking time.
- Liberally rub spices on all sides.
- Place in a baggie and refrigerate overnight.

- Place the meat into one Sport pot.
- Add ½ can of Coke or Dr. Pepper (or any caramel colored carbonated soda).
- Cook in the Solavore Sport for about 3 hours at 250 degrees.
- As always, check for doneness and adjust cooking time depending on oven temperature.

- Once the pork is cooked and slightly cooled, slice and hand pull it using a fork and knife.
- Mix in barbecue sauce to taste.

To serve, place pulled pork on warmed slider buns and top with coleslaw.