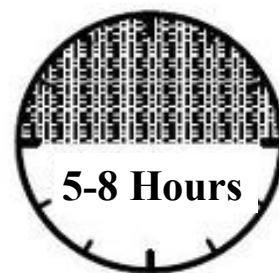


Here are some typical cooking times for 4 pounds (2 kilograms) of food on a sunny day:



Eggs
(no water)



Rice



Fruits



Vegetables
(above ground)



Fish



Chicken



Potatoes



Vegetables
(root)



Some beans,
lentils



Most meat



Bread



Large Roasts



Soup and Stew
Most Dried Beans
(soak dried beans overnight)

Cooking Tips

- Use a lightweight, shallow black pot with a lid
- Cut food into small pieces
- Fill the pot not more than 3 fingers deep
- Begin cooking early in the day
- Elevate the pot approximately 1 1/2 inches (use rocks)

