

# wonderbag.™

a recipe for change





# THE WONDERBAG WAY

Welcome to the Wonderbag family! You are about to embark on a culinary journey and an entirely new way of cooking, one that will make your life simpler and help you to make healthy, delicious meals for your family and friends.

Wonderbag is a simple but revolutionary non-electric, portable slow cooker. It continues to cook food (which has been brought to a boil by conventional methods) for up to 8 hours without the use of additional electricity or fuel.

No Plugs. No Fuss.

This recipe booklet will provide some practical tips for getting to know your Wonderbag, as well as some inspirational recipes to help you build what we hope will be a lifelong relationship with your Wonderbag.

Enjoy your journey!



## BOIL IT

Begin cooking your recipe on the stove as usual. Bring it to the boil allowing the food to be heated all the way through.



## BAG IT

Place a trivet in the bottom of your bag and put the entire lidded pot on top. Cover it with the top cushion. Pull the drawstring tight, sealing the pot inside the bag.



## SLOW COOK IT

Let the Wonderbag complete the cooking process for the prescribed time.



## SHARE IT

Open up and enjoy sharing a Wonderbag meal with family and friends!



## THE WONDERBAG JOURNEY

Growing up in rural Africa instills something unique in the soul - it sometimes becomes a calling. My childhood inspired my life's work to empower women living below the poverty line. I spent many of my school years challenging Apartheid and working to create projects, NGOs and even a political party to help local communities create thriving businesses to support themselves. Still, I craved more.

I had a "light bulb" moment in 2008 during one of our common rolling power outages. I remembered my grandmother taking pots off the stove and wrapping them in furniture cushions and blankets to keep the food cooking. I thought this age-old retained heat cooking method could be used around the world to help eliminate the need for electricity or fuel. I started experimenting, and the first Wonderbag was born.

I created the Wonderbag to ease the impact of health, socioeconomic and environmental problems facing Africa and developing countries. The Wonderbag, simply put, enhances rural women's quality of life by drastically reducing time spent

cooking. These women now need much less wood to feed their cooking fires, eliminating many hours spent inhaling toxic fumes. Because the time required for collecting firewood is also reduced, children, especially girls, have more free time to return to school.

I have traveled across countries and continents, meeting leaders, dignitaries, and captains of industry to share the Wonderbag story. We have distributed over 700,000 Wonderbags globally, but my journey has just begun.

I am so excited to share the Wonderbag with you and to introduce you to the Wonderbag way of cooking. I can't thank you enough for helping another woman in need with your purchase. I invite you to visit our website and social communities to follow our giving trips, share your Wonderbag recipes and adventures, and keep in touch with us:

[www.wonderbagworld.com](http://www.wonderbagworld.com)

All my love,

*Sarah.*



# 10 WONDERFUL THINGS ABOUT YOUR WONDERBAG

1. The Wonderbag eliminates time in the kitchen and gives you more time for fun with your family (or by yourself!).

2. It's perfect for potlucks, tailgating, beach outings and ski trips—bring your meal, ready to share and eat piping hot!

3. Take your Wonderbag on your next camping or RV trip to cook amazing meals with little fuel while you enjoy the great outdoors.

4. Take the stress out of holiday cooking. Prepare some dishes ahead of time and put them in the Wonderbag, out of the way, until you are ready to eat.

5. Partner running late? Keep tonight's dinner in the Wonderbag to keep it fresh and hot.
6. The insulation in the Wonderbag keeps things cold too, so it's a great farmer's market or grocery store companion. Just keep it in the trunk of your car.

7. Keep your kitchen cool in the summer - no long, hot oven baking times.

8. No more hours of boiling hot canning jars on your stove: Wonderbag makes a terrific canning assistant!

9. Need a birthday present, bridal gift or hostess thank you? Wonderbag makes a terrific gift: novel, cool and useful.

10. It changes lives, for good. For every bag purchased in the developed world, one is donated to a family in need.

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## APPETIZERS

# SPINACH & ARTICHOKE DIP

For years we've enjoyed artichoke dip served at many festive occasions. This twist on the famous recipe features bacon and blue cheese to boost the flavor of this popular party dip. And now you can wow your guests as it emerges from the Wonderbag! Enjoy with grilled garlic ciabatta.

👤👤👤👤 THIS RECIPE SERVES 12-14 PEOPLE 👤👤👤👤

In a skillet, cook the bacon until crisp. Drain on a paper towel, crumble, cover and chill.

Cook onion in a 4 quart pot, using a little of the bacon drippings, until soft.

Add the chopped artichoke hearts, chopped spinach (drained well), red pepper, mayonnaise, cream cheese, blue cheese, garlic and dry mustard. Stir to combine.

Cover and cook on a medium heat until just warmed through, about 5 – 10 minutes. Once contents have heated through, transfer lidded pot to the Wonderbag and allow to finish cooking for 1½ hours.

Once cheeses have all melted, stir in the bacon and sprinkle the chopped parsley on top. Serve with grilled garlic ciabatta.

Difficulty Rating: 1

## INGREDIENTS

- 2 or 3 slices of bacon
- ½ onion, coarsely chopped
- 14 oz can artichoke hearts, drained and coarsely chopped
- 5 oz frozen chopped spinach, thawed and well drained
- ½ cup chopped red pepper
- ½ cup light mayonnaise dressing (do not use regular mayonnaise)
- 4 oz cream cheese
- 2 oz blue cheese, crumbled
- 1 garlic clove, crushed
- Pinch dry mustard (¼ tsp)
- Small handful of freshly chopped parsley

🕒 PREP TIME: 10-15 MINS | STOVE TOP TIME: 15 MINS | WONDERBAG TIME: 1.5 HRS 🕒





# RATATOUILLE CROSTINI

This wonderful French recipe brings together the bounty of late summer and early fall harvests. It will make enough ratatouille for dinner or lunch and then more to use in a pasta sauce or atop a pizza later.

THIS RECIPE SERVES 10 PEOPLE

## INGREDIENTS

**Ratatouille:** Heat 3 Tbsp of oil in a large 4-5 quart pot over medium heat. Add the onions and sauté for 5 minutes, until soft and light brown. Add the garlic and sauté for 1 minute until fragrant. Add the peppers, zucchini, squash, eggplant, tomatoes, thyme and oregano and stir to combine. Season with salt and pepper. Reduce the heat to medium and simmer for 10 minutes, stirring occasionally, until the tomatoes release their juices and begin to boil. Place lidded pot into Wonderbag for 2 ½ hours.

**Crostini:** Preheat oven to 375°F. Using a pastry brush, apply the remaining 2 Tbsp of olive oil on the slices of the baguette. Place bread slices on cookie sheet and toast in the oven for 8-10 minutes or until lightly toasted. Top each slice with 2-3 Tbsp of ratatouille mixture.

**Tip:** Spread goat cheese on each crostini slice before ratatouille topping.

Difficulty Rating: 1

- 5 Tbsp olive oil
- 1 medium onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 red bell pepper, seeded and coarsely chopped
- 1 medium zucchini, stem removed and chopped into ½ inch cubes
- 1 medium yellow squash, stem removed and chopped into ½ inch cubes
- 1 medium eggplant, ends removed and chopped into ½ inch cubes
- 4 large tomatoes, coarsely chopped
- 1 Tbsp chopped fresh thyme leaves
- 1 Tbsp chopped fresh oregano leaves
- Salt and pepper
- 1 baguette sliced into ¾ inch slices
- 6 oz goat cheese

⌚ PREP TIME: 10 MINS | STOVE TOP TIME: 15 MINS | WONDERBAG TIME: 2.5 HRS ⌚

Recipe by: Heidi Otto, adapted from Yvette Van Boven





# MUSHROOM BARLEY RISOTTO

This barley risotto is a clever way to prepare risotto that creates wonderful texture and richness. The addition of wild mushrooms, thyme and cranberry make it a wonderful holiday side dish.

RECIPE SERVES 10-12 PEOPLE

## INGREDIENTS

Soak dried wild mushrooms in 1 ½ cups warm water and set aside. Cut any large pieces with scissors to 1 inch size.

Heat 3 Tbsp olive oil in 5-6 quart pot. Add chopped onion, garlic and fresh thyme, and cook slowly until browned and onions are caramelized.

Add bacon and sliced mushrooms to pot and continue cooking until mushrooms are browned and have begun to soften. Add barley and stir to toast for couple of minutes.

Add wild mushrooms, their soaking liquid and chicken stock. Bring to a boil for 10 minutes. Place lid on pot. Transfer pot to Wonderbag for 3 hours. Stir in grated parmesan and chopped Italian parsley.

Add salt and black pepper to taste. Sprinkle with 1 tsp fresh thyme and 1 Tbsp chopped dried cranberries to garnish.

Difficulty Rating: 2

- 1 ½ cups warm water (for mushrooms)
- 3 Tbsp olive oil
- 1 ½ large onions, diced
- 4 garlic cloves, finely minced
- Fresh thyme sprigs (2 Tbsp chopped)
- 8 oz thick sliced bacon, chopped in ½ inch dice
- 10 oz fresh mushrooms (crimini, shitake or oyster) sliced ¼ inch thick
- 1 ½ oz dried wild mushrooms (soaked in 1 ½ cups of warm water for a minimum of 30 minutes)
- 3 cups pearl barley (soaked in 1 inch of water for a minimum of 3 hours)
- 4 ½ cups chicken stock (see page 40 or use canned)
- ½ tsp sea salt (to taste)
- ½ tsp black pepper (to taste)
- 4 Tbsp Italian parsley, chopped fine
- ¾ cup parmesan cheese, medium grate
- ¾ cup dried cranberries, finely chopped as garnish
- 4 Tbsp fresh thyme, chopped for garnish

⌚ PREP TIME: 15 MINS + SOAKING | STOVE TOP TIME: 15 MINS | WONDERBAG TIME: 3 HRS ⌚

Recipe credit: Jerilyn Brusseau, adapted from Sarah Collins





# LENTIL, FETA & BULGUR WHEAT SALAD

Looking for a quick potluck dish to share or a simple picnic salad? This recipe is a great, healthy option that can be pulled together in less than 10 minutes and is loved by kids and adults alike. Bulgur is also a wonderful whole grain used in this simple, light side salad.

THIS RECIPE SERVES 6 PEOPLE

## INGREDIENTS

Heat the olive oil in a 3-4 quart pot over medium heat. Add the onions and sauté until they turn golden (about 5 minutes).

Add the stock, lentils, bulgur, cinnamon, cumin and paprika. Increase the heat to high, and bring to a boil.

Reduce heat to medium-low, cover and simmer for 10 minutes.

Place the lidded pot in the Wonderbag for a minimum of 1 hour 15 minutes to finish cooking.

**To serve:** Stir in feta, cilantro and squeeze fresh lime over the whole salad. Add salt to taste.

Difficulty Rating: 1

3 Tbsp olive oil  
 ½ cup onions, diced  
 4 cups vegetable stock  
 1 cup dried green lentils  
 1 cup bulgur wheat  
 ¾ tsp cinnamon  
 ½ tsp cumin  
 ½ tsp paprika  
 Cilantro and feta as topping  
 Lime wedges

⌚ PREP TIME: 5 MINS | STOVE TOP TIME: 15 MINS | WONDERBAG TIME: 1.25 HRS ⌚

Recipe by: Cathy Menees





# POBLANO & PORK TENDERLOIN CHILI

This amazingly flavorful dish is worth the few extra ingredients and moments to chop and assemble.

THIS RECIPE SERVES 10-12 PEOPLE

## INGREDIENTS

Heat olive oil in 6 quart heavy cooking pot with tight fitting lid. Add pork, salt and pepper, brown lightly on all sides. Add spices (2 Tbsp chili powder, 1 tsp cumin) directly to meat, let cook for 2 minutes. Add garlic and onions, sprinkle lightly with salt. Add additional olive oil if needed. Cook until onions are lightly browned.

Add remaining chili powder and cumin, paprika, coriander, cinnamon, bay leaves, thyme and oregano. Gently stir to combine. Add chilies, scallions and tomato paste, season with salt and pepper. Add 2 cups chicken stock and diced tomatoes. Add 5 ½ cups of the beans to the pot. Puree remaining 1 ½ cups beans with 1 cup of stock to thicken chili, add to the pot and stir well.

Bring to slow boil for 20 minutes. Stir bottom to prevent scorching. Place lidded pot in Wonderbag for 5 hours.

**To serve:** Stir in 1 Tbsp fresh lime juice and season with salt and pepper to taste. Sprinkle with cumin seeds. Serve with chopped fresh cilantro, lime wedges, queso fresco and sour cream.

Difficulty Rating: 3

- 3 Tbsp extra virgin olive oil
- 2 lbs pork tenderloin, cut in ½ inch bits
- Salt and pepper
- 2 Tbsp + 2 tsp chili powder
- 1 Tbsp + ¾ tsp ground cumin
- 5 cloves garlic, minced
- 2 cups chopped onions
- 1 ½ tsp smoked paprika
- 1 tsp ground coriander
- ¼ tsp ground cinnamon
- 2 bay leaves
- 2 Tbsp fresh thyme
- 2 Tbsp fresh oregano
- 4 oz can green chilies (mild or medium), diced
- 2 fresh poblano chilies, seeds removed, chopped ¼ inch bits
- ½ cup scallions, chopped
- 2 Tbsp tomato paste
- 3 cups chicken stock
- 28 oz canned, diced tomatoes
- 7 cups cooked beans (pinto, kidney, black or navy)
- 1 Tbsp fresh lime juice
- 2 tsp toasted whole cumin seeds

### Toppings:

Chopped fresh cilantro, lime wedges, queso fresco, sour cream.

⌚ PREP TIME: 20 MINS | STOVE TOP TIME: 30 MINS | WONDERBAG TIME: 5 HRS ⌚

Recipe credit: Jerilyn Brusseau, adapted from Fine Cooking





# TOMATO GAZPACHO WITH GARLIC CROUTONS

This wonderfully bright summer gazpacho recipe uses the Wonderbag for both heating and chilling. The basic chicken stock (page 40) is prepared using the heat retention of the bag and the final gazpacho is served in the bag chilled to keep cold.

👤👤👤 THIS RECIPE SERVES 8-10 PEOPLE 👤👤👤

## INGREDIENTS

**Gazpacho:** In a medium saucepan, combine 2 cups wine with bruised coriander, peppercorns, bay leaves, basil and garlic. Bring to a boil over medium heat. Stir and lower heat. Simmer slowly until wine is reduced to about 1 cup. Cool and strain, reserving liquid.

Remove every trace of fat from 6 cups chicken stock and pour into 6 quart pot. Stir in reduced wine, lemon juice, prepared vegetables and herbs. Season with salt and few grindings of black peppercorns. Place lid onto pot and chill soup for 2 hours in refrigerator. Place chilled pot in Wonderbag lined with flexible ice packs. Stir in olive oil up to ½ hour before serving. Serve with garlic croutons.

**Note:** When stored in the refrigerator, leftover soup will congeal due to the olive oil; merely let soup rest in cool place 15-20 minutes so oil can dissolve.

**Garlic Croutons:** Preheat oven to 300°F. Heat oil in skillet over medium heat. Stir in finely chopped garlic. Add bread cubes to skillet and toss lightly. Pour bread cubes onto baking sheet; heat in oven until bread cubes are crisp 10-15 minutes. Cool on paper towels.

Difficulty Rating: 2

### Gazpacho

2 cups dry white wine  
1 tsp coriander seeds, bruised  
½ tsp black peppercorns, bruised  
2 bay leaves, large  
1 Tbsp fresh sweet basil, chopped  
1 large garlic clove, finely chopped  
6 cups chicken stock  
2 tsp lemon juice  
2 pounds ripe tomatoes, chopped  
2 cucumbers, peeled and diced into ½ inch pieces  
⅓ cup celery, finely chopped  
2 yellow peppers, small, chopped  
4 Tbsp scallions, finely chopped  
2 Tbsp Italian parsley, finely chopped  
½ cup fennel, thinly sliced, including tops  
2 Tbsp fresh dill, finely chopped  
2 Tbsp fresh basil, finely chopped  
Salt and pepper  
½ cup olive oil

### Garlic Croutons

2 cups bread cubes, ½ inch  
½ cup olive oil  
1 large clove garlic, finely chopped



🕒 PREP TIME: 30 MINS | REFRIGERATOR TIME: 2 HRS | WONDERBAG TIME: UP TO 6 HRS CHILLED 🕒

Recipe credit: Jerilyn Brusseau



# HEARTY TUSCAN BEAN SOUP

This wonderful, hearty soup is perfect for a fall day. To make vegetarian, simply substitute the bacon with six ounces of shitake mushrooms.



THIS RECIPE SERVES 6 PEOPLE



## INGREDIENTS

In a 5-6 quart pot, heat olive oil over medium; add the pancetta and cook until lightly browned and crispy. Remove with a slotted spoon, set aside on a paper towel to drain. Add the onions to the oil, season with salt and pepper and cook until they begin to soften. Add in the garlic and tomato, cook for 2 more minutes.

Add one cup of the stock to the pan, scraping up any browned bits. Add the remaining stock, beans, bay leaves, rosemary and thyme. Bring to a boil, cover and let simmer for 5 minutes. Remove the bay leaves and herb stems. Add pancetta (leave some for garnishing) and parmesan. Cook 5 minutes, until soup starts to thicken slightly.

Place lidded pot into the Wonderbag for 2 hours.

**To make croutons:** Toss ciabatta slices with olive oil and grill in a frying pan until brown.

**To serve:** Sprinkle with pancetta, olive oil drizzle, parsley, parmesan and croutons.

Difficulty Rating: 1

2 Tbsp olive oil, plus extra for serving

6 oz fresh bacon or pancetta, diced

2 onions, finely diced

Salt and pepper

2 cloves of garlic, finely chopped

2 tomatoes, diced

8 cups chicken or vegetable stock

2 - 14 oz cans cannellini beans, drained and rinsed

2 bay leaves

2 sprigs fresh rosemary

1 sprig of thyme

6 Tbsp of parsley

¾ cup grated parmesan cheese

1 loaf ciabatta bread, sliced into 1 inch squares for croutons

🕒 PREP TIME: 5 MINS | STOVE TOP TIME: 20 MINS | WONDERBAG TIME: 2 HRS 🕒

Recipe by: Gareth Viljoen





# POACHED SALMON THAI CURRY

This recipe for poached salmon uses Thai influenced flavors and curry to complement the dish. You can adjust flavors for whatever inspiration you might have to add to your salmon dish. Make certain that the pot is full with either grains or vegetables along with your liquid so that the fish just sits on top, only slightly submerged.

THIS RECIPE SERVES 4 PEOPLE

Add everything except for the salmon to the pot and bring to a boil, cover and let simmer, for 15 minutes.

Place your salmon on top of the curry mixture, don't worry if it sinks a little, but make sure it is not totally submerged. If needed, add more vegetables to prop up your fish.

Cover and simmer another 3 minutes to get heat back into the pot. Place your lidded pot in the Wonderbag for 40 minutes to finish cooking. Top with fresh basil and coriander to serve.

Difficulty Rating: 1

## INGREDIENTS

- 4 thick salmon filets
- ½ cup brown rice
- ½ cup black quinoa
- 5 cups shredded white cabbage
- 2 red bell peppers (seeded and cut into strips)
- 1 ½ cups of coconut milk
- 1 ½ cups water
- 4 Tbsp red curry paste
- 2 Tbsp lime juice
- 2 Tbsp agave (or honey)
- 2 Tbsp fish sauce
- 3 cloves garlic, diced
- 1 small red chili, seeded and finely diced
- 1 tsp of salt or soy sauce

### Toppings:

Fresh chopped basil and coriander



⌚ PREP TIME: 10 MINS | STOVE TOP TIME: 20 MINS | WONDERBAG TIME: 40 MINS ⌚

Recipe credit: Cathy Menees



# CHICKEN MARBELLA

Our team uses Chicken Marbella for press events, cooking classes and Wonderbag fêtes. Inspired by the work of Silver Palate, we've adapted this amazing recipe for the Wonderbag, and it's a wonderful dish we know you'll love.

👤👤👤 THIS RECIPE SERVES 8-10 PEOPLE 👤👤👤

## INGREDIENTS

In a large bowl, combine chicken pieces, garlic, oregano, pepper, coarse salt, vinegar, olive oil, prunes, olives, capers and juice and bay leaves. Cover and let marinate in the refrigerator overnight. Place chicken with marinade in large pot over medium heat. Pour in white wine and sprinkle with brown sugar. Slowly bring to soft boil for 10-15 minutes.

Place in Wonderbag for 3-4 hours. Remove, check temperature and be sure chicken is cooked through. Transfer chicken, prunes, olives and capers to a serving platter.

Moisten the chicken with a few spoonfuls of pan juice and sprinkle generously with parsley or cilantro. Pass remaining pan sauce at the table.

Difficulty Rating: 2

4 chickens, 2 ½ pounds each, quartered (or 6-7 pounds boneless, skinless thighs)

1 head of garlic, peeled and finely chopped

¼ cup dried oregano

Coarse sea salt and freshly ground black pepper to taste

½ cup red wine vinegar

½ cup olive oil

1 cup pitted prunes

½ cup pitted Spanish green olives

½ cup capers with a bit of juice

6 bay leaves

1 cup brown sugar

1 cup white wine

¼ cup Italian parsley or cilantro, finely chopped

⌚ PREP TIME: 5-10 MINS + OVERNIGHT MARINATE | STOVE TOP TIME: 15 MINS | WONDERBAG TIME: 3-4 HRS ⌚

Recipe credit: Jerilyn Brusseau, adapted from Silver Palate Cookbook





# SARAH'S DURBAN LAMB CURRY

For many years before my development of the Wonderbag, I used to smell the spices of the Indian markets in central Durban and dream of far off lands. The spice aromas brought visions of exotic islands and lovely long lunches with loud and colorful laughter. But I was not a proficient enough cook to try and make my own curry. When I started using the Wonderbag, I decided I would go to the markets and make up my own recipe, one that would be so delicious that everyone would want seconds. After many attempts, I came up with my own delicious Wonderbag Lamb Curry and my Sunday lunches became famous!

👤👤👤 THIS RECIPE SERVES 6 PEOPLE 👤👤👤

## INGREDIENTS

Brown the lamb in 2 Tbsp of oil, 2 minutes on each side and set aside. Brown the onions then add the chilies, garlic, ginger and curry powder. Sauté for 2 minutes. Add the lamb back into the pot and stir, season with salt and pepper. Add peeled tomatoes and 1 cup of water and bring to a boil for 5 minutes.

Add butter beans and tomato paste, stir, and allow to boil for 15 minutes. Place lidded pot into the Wonderbag for 4-5 hours. Combine grated cucumber and yogurt in a small bowl, stir to combine. Serve curry over rice with yogurt mixture and chopped bananas as toppings.

**Tip:** Add carrots or potatoes to this curry for extra texture and flavor.

Difficulty Rating: 1

2 Tbsp of sunflower oil  
2 ½ pounds lamb chops on bone  
1 medium onion, chopped  
4 chilies, chopped  
2 cloves of garlic, diced  
2 Tbsp fresh ginger, crushed  
3 Tbsp of mild or medium curry powder  
28 oz can chopped, peeled tomatoes  
2 Tbsp of tomato paste  
1 bay leaf  
14 oz cans of butter beans, drained  
Salt and pepper to taste  
1 cup plain yogurt  
½ cup cucumber, peeled and shredded  
2 bananas, sliced  
4 cups cooked white rice

🕒 PREP TIME: 10 MINS | STOVE TOP TIME: 25 MINS | WONDERBAG TIME: 4HRS 🕒

Recipe credit: Sarah Collins, founder Wonderbag





| MAINS |

# MEDITERRANEAN PAELLA

Paella is a Valencian rice dish originating from the coast of Eastern Spain near the Albufera Lagoon. This Wonderbag version is a wonderful, simple and delicious approach to paella.

THIS RECIPE SERVES 8 PEOPLE

Warm 2 Tbsp of olive oil in a 5-6 quart pot over a medium heat. Add the onion, garlic and pepper and sauté for 5 minutes until softened but not browned.

Add the chicken drumsticks and Andouille sausage, season with salt and pepper and sauté until lightly browned on all sides. Add the passata to the pan and cook for 3-4 minutes, stirring just once or twice to allow the passata to thicken.

Stir in the stock, rice, peas, saffron (or turmeric), paprika and bay leaf. Place the shrimp, mussels and tomato pieces on top and let simmer with the lid secured for 20 minutes.

Place the lidded pot into your Wonderbag and seal it for 2 hours. Season to taste and serve with lemon slices.

Difficulty Rating: 2

## INGREDIENTS

2 Tbsp olive oil  
1 onion, peeled & diced  
2 red and/or yellow peppers, seeded and diced  
5 cloves garlic, peeled & sliced  
4 chicken drumsticks  
1 ¼ pounds Andouille sausage (sliced into medallions) or chorizo (crumbled)  
1 ½ cups passata (tomato purée/strained tomatoes)  
4 cups chicken stock  
2 cups long grain rice  
1 cups frozen peas  
1 large pinch saffron strands (or a pinch of turmeric)  
2 tsp paprika  
1 bay leaf  
¾ pound raw tiger or king prawns  
½ pound mussels (in shell)  
2-3 medium tomatoes, each sliced into 8 pieces  
1 lemon  
Salt and pepper

⌚ PREP TIME: 15 MINS | STOVE TOP TIME: 30 MINS | WONDERBAG TIME: 2 HRS ⌚

Recipe credit: Luigi Carola





# SPINACH & RICOTTA LASAGNA

This hearty, healthy, feel-good meal is great for families and kids alike! It's also an easy weeknight recipe that makes excellent leftovers. Feel free to add other vegetables should you prefer.

THIS RECIPE SERVES 4-6 PEOPLE

Sauté fresh mushrooms in 1 Tbsp of olive oil until soft, set aside. In a bowl, mix spinach, artichoke hearts, mushrooms, olives, ricotta and ½ cup of parmesan.

Spread ¾ cup of the marinara sauce in the bottom of a 5-6 quart lidded pot or stove to oven lidded casserole dish.

Top with 2 lasagna noodles (breaking to fit), ¾ cup of the remaining marinara, half the spinach mixture, and ½ cup of the mozzarella; repeat.

Top with the remaining noodles, marinara mixture, mozzarella, and parmesan. Bring to boil on stove for 15-20 minutes. If using casserole dish place uncovered in a preheated conventional oven at 425°F for 15 minutes to brown cheese and sauce.

Place the lidded pot or lidded casserole dish in Wonderbag and cook for 2 ½ to 3 hours.

Difficulty Rating: 1

🕒 PREP TIME: 15 MINS | STOVE TOP TIME: 20 MINS | WONDERBAG TIME: 3 HRS 🕒

Heidi Otto, adapted from Lynn Yako Graham

## INGREDIENTS

- 2 Tbsp of olive oil
- 10 oz chopped frozen spinach, thawed and squeezed to remove excess moisture
- 14 oz can of artichoke hearts, chopped
- 10 oz mushrooms, (fresh or canned)
- ¾ cup black olives, sliced
- 1 cup of ricotta cheese
- ¾ cups of grated parmesan
- 3 cups of tomato sauce (see page 41)
- 6 regular lasagna noodles (not no-boil noodles)
- 1 ½ cups of grated mozzarella
- Salt and pepper





# IRISH BEEF STOUT STEW

Sweet, slow-cooked carrots and beautifully tender meat make this Irish Stout Stew the perfect, hearty meal to serve on a cold day. And of course, it's a must for St. Patrick's Day! We love to serve it with herbed mashed potatoes or crusty bread.

THIS RECIPE SERVES 6-8 PEOPLE

## INGREDIENTS

Coat the beef cubes in salt, pepper and flour until well covered. Heat oil in 5-6 quart pot until sizzling. Brown the beef cubes in the oil and set aside. Add onions, garlic, ½ tsp salt, thyme and sugar and sauté for 5 minutes.

Pour half of the beer and the wine into the pot, scrape the bottom of the pot to remove any leftover bits of beef.

Add the remaining beer, tomato paste and bouillon cubes and bring to a boil, then stir in the beef, carrots and potatoes.

Allow to boil for 20 minutes with lid on. Transfer lidded pot to the Wonderbag and allow to stand for 3 hours.

To thicken the stew, mix 1 Tbsp of flour with cold water, then add to pot and stir. Serve with crusty bread.

Difficulty Rating: 2

⌚ PREP TIME: 15 MINS | STOVE TOP TIME: 30 MINS | WONDERBAG TIME: 3HRS ⌚

Recipe Credit: Gareth Viljoen





# STICKY SYRUP PUDDING

Sticky Syrup Pudding is a traditional British dessert dish that is also commonly served in South African homes. It consists of a steamed sponge cake with golden syrup on top and often served with ice cream or hot custard.

THIS RECIPE SERVES 6-8 PEOPLE

Combine the flour, baking powder, salt and sugar in a large mixing bowl. Add the butter and rub in lightly with your fingertips to incorporate it into the flour. Gradually mix in the beaten egg and milk to make a thick batter. Set aside. Generously butter a 2 liter (8 cup) glass or ceramic bowl (that will fit into your 5-6 quart pot). Spoon in 4 Tbsp of the golden syrup, swirl around the bottom of the basin. Spoon the batter mixture into the prepared bowl.

Place a 16 inch square of parchment paper on top of a 16 inch square of foil. Place the two sheets paper-side down onto the bowl and cover tightly. The foil should completely cover the bowl. Place a flameproof trivet into the base of your pot. Place the bowl of pudding on top of the trivet and fill with water so that it reaches half way up the sides of the bowl. Bring it to the boil over high heat for 30 minutes.

Place the pot into your Wonderbag and seal for 2-3 hours until risen and springy to touch. Unwrap and carefully invert onto a plate, drizzle with extra 4 Tbsp of syrup to taste.

**Kate's tip:** this dessert is best eaten as soon as it is cooked. Serve with ice cream or custard on top.

Difficulty Rating: 3

⌚ PREP TIME: 15 MINS | STOVE TOP TIME: 30 MINS | WONDERBAG TIME: 2-3 HRS ⌚

Recipe Credit: Kate Bishop

## INGREDIENTS

- 1 ½ cups flour
- 2 ¼ tsp baking powder
- ¾ tsp salt & 1 pinch
- ½ cup sugar, passed through a food processor to make fine
- 2 large eggs, beaten
- 8 Tbsp golden syrup (made by melting 8 Tbsp sugar)
- 7 Tbsp unsalted butter, frozen, grated
- 6 Tbsp milk
- Aluminum foil
- Parchment paper
- Butter, for greasing

**To serve:**  
Ice cream or custard





# BLUEBERRY & PEACH COBBLER

This farmhouse-style Blueberry Peach Cobbler topped with almond crumble is an amazing Wonderbag success! Substitute other berries or summer fruits to your preference.



THIS RECIPE SERVES 8 PEOPLE



**Cobbler:** Rinse blueberries and place in bowl. Sprinkle with  $\frac{1}{4}$  cup of the sugar. Blanch peaches for 3-4 minutes to loosen skins. Extract peaches from water and remove skins. Slice peaches into  $\frac{1}{2}$  inch thick slices, sprinkle with remaining  $\frac{1}{4}$  cup sugar. Place cornstarch and honey in 4 quart shallow pot. Slowly whisk mixture to make a thick paste. Add one cup apple juice.

Cook over medium heat, stirring constantly until the mixture is thick and clear. Stir in blueberries, cook for 3 minutes. Fold in sliced peaches, lemon juice, lemon zest, plus additional cinnamon to taste. Continue cooking over medium heat until mixture is bubbling lightly. Reduce heat to medium low and continue to cook slowly for 10 minutes. Top with almond crumb topping (recipe follows) and place immediately in Wonderbag for 3-4 hours. Remove and place under broiler for 10-30 seconds to brown lightly. Serve warm with whipped cream, whole cream poured over or vanilla ice cream on the side.

**Topping:** Combine almond flour, butter, vanilla, cinnamon and honey using forks to create a light fluffy mixture. Sprinkle lightly over the surface of the peach mixture. Sprinkle almond slices and powdered sugar over topping for garnish.

Difficulty Rating: 2

## INGREDIENTS

### Cobbler:

3-4 fresh peaches  
3 cups blueberries  
 $\frac{1}{2}$  cup sugar  
4 Tbsp cornstarch  
4 Tbsp honey  
1 tsp cinnamon  
1 tsp lemon juice  
Zest of one half lemon  
1 cup apple juice

### Almond crumb topping:

2 cups almond flour  
4 Tbsp butter, chilled and diced  
1 tsp vanilla  
 $\frac{1}{2}$  tsp cinnamon  
1 Tbsp honey

### To serve:

2 Tbsp powdered sugar and 1 handful sliced almonds



🕒 PREP TIME: 5-10 MINS | STOVE TOP TIME: 15 MINS | WONDERBAG TIME: 3-4 HRS 🕒

Recipe credit: Jerilyn Brusseau, adapted from Silver Palate Cookbook





## HOT SPICED CIDER

Enjoy these wonderful warming beverages as part of your holiday get togethers.

👤👤👤👤 THIS RECIPE SERVES 8-10 PEOPLE 👤👤👤👤

Heat apple cider and juice in 3-4 quart pot with tight fitting lid. Add cinnamon sticks and zest of half an orange. Using toothpick, pierce holes in whole orange, insert whole clove in each, and add to pot. Add star anise and bring to slow boil. Place pot in Wonderbag.

Leave cider in Wonderbag for a minimum of 2 hours before serving to enhance flavor. It will retain heat for several hours. To serve, ladle cider into heat-proof mug or glass. Add rum to taste. Garnish with cinnamon sticks and orange slices and serve.

Difficulty Rating: 1

### INGREDIENTS

8 cups apple cider  
2 cups apple juice  
6-3 inch cinnamon sticks  
1 orange  
Zest of one orange  
10-14 cloves  
3 star anise flowers, dried  
Rum to taste (optional)

**To serve:**  
Cinnamon sticks and  
orange slices

🕒 PREP TIME: 5 MINS | STOVE TOP TIME: 10 MINS | WONDERBAG TIME: 2 HRS 🕒

Recipe Credits: Jerilyn Brusseau



## MULLED SPICED WINE

👤👤 THIS RECIPE SERVES 4 PEOPLE 👤👤

Pour wine into 2-3 quart pot with tight fitting lid. Add whole spices, orange juice, honey, and orange and lemon slices. Stir well and bring to a simmering boil for 10 min.

Leave wine in Wonderbag for a minimum of 2 hours before serving to enhance flavor. Will retain heat in Wonderbag for several hours. Ladle into heat proof wine glasses or mugs, including fruit slices.

Difficulty Rating: 1

### INGREDIENTS

750 mL bottle red wine  
6 allspice berries  
2 cinnamon sticks  
4 cardamom pods  
3 star anise  
4 cloves  
Juice of one orange  
¼ cup honey  
One orange, sliced thin  
One lemon, sliced thin

🕒 PREP TIME: 5 MINS | STOVE TOP TIME: 10 MINS | WONDERBAG TIME: 2 HRS 🕒

Recipe Credits: Jerilyn Brusseau





## RECIPE BASICS

# PARSLEY RICE

This rice makes a great base for chicken and vegetable dishes made in the Wonderbag. With a couple of simple additions, you can make rice an interesting accompaniment to your meal.

 **THIS RECIPE SERVES 6-8 PEOPLE** 

Bring the water or stock to a boil in a 3-4 quart pot. Stir in the rice and salt and return to a soft boil for 5 minutes, covered.

Remove from heat and place in Wonderbag for 1 hour. Uncover the pot, add the butter and parsley (do not stir) and cover. Let stand 5 minutes.

Uncover pot, add pine nuts and toss rice with fork to mix. Serve immediately.

Difficulty Rating: 1

## INGREDIENTS

2 cups uncooked long-grain rice  
4 cups water or Chicken Stock (Wonderbag recipe on page 40)  
1 Tbsp sea salt  
8 Tbsp (one stick) butter, cut into 8 pieces  
1 ½ cups finely chopped Italian parsley  
3 Tbsp pine nuts

 **PREP TIME: 5 MINS** | **STOVE TOP TIME: 10 MINS** | **WONDERBAG TIME: 1 HR** 

Recipe by: Jerilyn Brusseau, adapted from Silver Palate Cookbook



## RECIPE BASICS

# PLAIN & SIMPLE BEANS

Avoid hours of stove-top tending when you cook beans in your Wonderbag! We recommend pre-soaking beans the night before and to avoid using anything acidic (like tomatoes) or salt (including stock with salt added) when cooking so that beans can soften completely.

Below is a simple chart that shows the approximate times and quantities to get you started on your bean adventures. Increased boiling times will lower the bag time.

Type (or similar size)	Bean Quantity	Water Quantity	Boiling Time	Bag Time
Lentil	1 cup	1 cup	10 minutes	1-2 hours
Black Bean	1 cup	1 cup	15 minutes	3-4 hours
Carbanzo	1 cup	1 cup	15 minutes	4-5 hours
Kidney	1 cup	1 cup	10 minutes	5-6 hours

 **PREP TIME: 5 MINS + SOAKING** | **STOVE TOP TIME: 10-15 MINS** | **WONDERBAG TIME: 2-6 HRS** 



# CHICKEN STOCK

Homemade chicken broth is a great way to make any dish tastier, and now you can make your own stock overnight in the Wonderbag. Make extra so you can freeze it and use as needed!

 **MAKES 20 CUPS** 

## INGREDIENTS

After removing all edible meat from the chicken, put the bones, skin, cooking juices into a 6-7 quart pot with tight fitting lid. Add onion, celery, carrot and spices plus 20 cups of water.

Bring to boil over high heat, then reduce heat to medium and continue at medium boil for 20 minutes until temperature reaches 200° F. Check temperature frequently during boiling stage to be certain temperature is maintained. Place lid on pot during last 2-3 minutes of cooking to heat lid thoroughly.

Place pot in Wonderbag, and let stand 7-8 hours (or overnight). At end of cooking time, open bag, check temperature immediately to be certain stock measures 140° F or higher.

Remove pot from Wonderbag, and pour stock through a fine sieve to remove all herbs and bones. For maximum flavor use back of large spoon to press as much liquid as possible from meat and bones.

Add additional salt and pepper to taste. Refrigerate or freeze the stock for future use.

Difficulty Rating: 1

1 leftover roast chicken carcass or chicken bones equivalent to one small or medium sized chicken, (purchased roasted or cooked at home)

1 onion, peeled and loosely chopped

1 rib celery, roughly chopped

1 carrot, roughly chopped (no need to peel)

1 bay leaf

1 sprig fresh parsley

1 sprig fresh thyme

2 ½ tsp sea salt

1 tsp fresh thyme, or ½ tsp dried

20 cups water

Fresh ground black pepper

 **PREP TIME: 5-10 MINS | STOVE TOP TIME: 25 MINS | WONDERBAG TIME: 7-8 HRS** 

Recipe by: Jerilyn Brusseau, adapted from 100 Days of Real Food

# TOMATO SAUCE

This light, bright and tangy tomato sauce is an excellent sauce for pasta or pizza. If using for pizza, add 2-3 tablespoons of tomato paste to thicken slightly. You can also add ground beef to make a Bolognese sauce.

 **MAKES 8 CUPS** 

## INGREDIENTS

Blanch tomatoes in boiling water for 2 minutes or long enough for skin to split.

Remove the skin from the tomato (should peel off easily after blanching). Chop blanched tomatoes into quarters or 1 inch cubes.

In a 3-4 quart pot, heat olive oil and sauté garlic and onions until onions are transparent. Add the tomato paste, cut tomatoes and herbs and stir.

Bring contents to a boil stirring and mashing occasionally to break down the tomatoes and cook for about 12-15 minutes (or until sauce is at your desired consistency).

Cover and allow to simmer for 5 more minutes (do not open lid). Transfer to the Wonderbag for 3 hours.

Season with salt and pepper to taste.

Difficulty Rating: 2

3 pounds Roma tomatoes

1 Tbsp finely chopped fresh basil (or 1 tsp of dry)

1 Tbsp of finely chopped fresh Italian parsley (or 1 tsp of dry)

1 Tbsp of finely chopped oregano (or 1 tsp of dry)

2 garlic cloves, chopped

3 Tbsp olive oil

1 medium onion, chopped

6 oz can of tomato paste

Salt and pepper to taste

 **PREP TIME: 10 MINS | STOVE TOP TIME: 20 MINS | WONDERBAG TIME: 3 HRS** 

Recipe by: Sally Huntsman



# STEEL-CUT OATMEAL

Steel-cut oats are a particularly wonderful, nutritious breakfast, and the Wonderbag lets you enjoy their nutty texture without tending the stove. This is a great recipe to start the previous night to be ready for early morning rises with the sun.

THIS RECIPE SERVES 2 PEOPLE

Add all ingredients (except toppings) into a 2-3 quart pot.

Bring to a boil, then reduce to medium low and simmer uncovered for 5 minutes.

Place your lidded pot in the Wonderbag for a minimum of 2 hours (1 hour for rolled oats) to finish cooking, can be left up to 8-10 hours overnight for warm breakfast first thing in the morning.

**To serve:** Garnish with your favorite toppings.

Difficulty Rating: 1

## INGREDIENTS

1 cup steel-cut oats (Irish) or rolled oats

¼ tsp salt

1 Tbsp agave syrup (or brown sugar)

¼ tsp cinnamon

Pinch of nutmeg

1 cup water

1 cup milk

### Toppings:

Brown sugar, cinnamon, almond or cashew butter, honey, raisins, blueberries, strawberries, blackberries, peach slices, almond slivers or sunflower seeds

⌚ PREP TIME: 5-10 MINS | STOVE TOP TIME: 10 MINS | WONDERBAG TIME: 2 HRS ⌚

Recipe by: Cathy Menees

# WHOLE MILK PLAIN YOGURT

The seemingly unapproachable task of making homemade yogurt becomes a delicious snap with your Wonderbag. We can't think of anything better for a homemade weekday breakfast meal easily customized with fruits, nuts and other toppings.

THIS RECIPE SERVES 4 PEOPLE

## INGREDIENTS

Gently heat milk in a 3-4 quart pot to 160° F. Remove pot from heat and cool to 110° F. Stir in starter culture or plain yogurt.

Cover and transfer pot to the Wonderbag. Leave overnight in the Wonderbag 10 to 12 hours.

To confirm that the yogurt has set, tilt the container gently. If yogurt moves away from the side of the pot in one mass instead of running up the side, it is finished culturing. Transfer to refrigerator to stop culturing and cool. Yogurt will thicken while cooling in the refrigerator.

**To serve:** Add a cup of yogurt to a small bowl or cup, add your favorite toppings!

**Tip:** Save some of the yogurt to make your next batch.

Difficulty Rating: 3

4 cups whole milk

1 packet of yogurt culture starter or 4 Tbsp plain yogurt (store-bought or from a previous batch)

### Toppings:

Honey, brown sugar, coconut flakes, jam, fresh fruits, dried fruits, nuts, granola

⌚ PREP TIME: 5 MINS | STOVE TOP TIME: 10 MINS | WONDERBAG TIME: 12 HRS ⌚

Recipe by: Jenneil K. Ross at DaJen Eats





## TIPS & TRICKS

Here are a few tips and tricks for cooking the Wonderbag Way. Since the Wonderbag uses heat retention to cook, it slows the time a boiling pot cools to room temperature, allowing the food to continue to slow cook.

**Your Pot Selection:** Use the right size pot for the amount of food you wish to cook. Use a pot with short handles. Use only copper, steel, aluminum, enameled cast iron, cast iron and glassware pots. Do not use clay or ceramic.

**Bring to the Boil:** Food must be brought to a gentle boil before placing in the Wonderbag. Use a tight fitting lid to allow ingredients to be heated through. Do not place lukewarm food in the Wonderbag. Times will vary for length of boil based on recipe, type of food and altitude. Place the boiling pot immediately from the stove into the Wonderbag.

**Heat Retention Effectiveness:** Heat is retained more effectively when:

- the pot is full and sealed with a tight fitting lid;
- the food is more dense (like stews and curries);
- the environment the bag sits in is warmer (for example, if the Wonderbag is sitting in a snow drift, it will cool faster);
- the lid for your pot is metal; however, glass does work as well.

Place a trivet (we recommend silicon) in the base of the Wonderbag, and put the pot itself on the trivet, inside the bag.

The U.S. Food & Drug Administration (FDA) recommends that food should not be held at temperatures between 135°F and 41°F for more than 2 hours. When in doubt, use a thermometer to measure heat to ensure your dish is above 135° F for food safety reasons.

Only one cooking container per Wonderbag should be used.

Pots transferred directly from the stove or oven to the Wonderbag should not be hotter than 350°F.

When carrying or handling the Wonderbag, care must be taken to avoid spills and risk of burning or personal injury.



## TIPS & TRICKS

Below is an overview of some adjustments we recommend making to your standard cooking practice as well as some general guidance for cooking the Wonderbag way.

- You can cook practically anything – stews, curries, chicken and even yogurt – in a Wonderbag.
- There is no evaporation when cooking so use less liquid than usual.
- Liquid does not thicken in the Wonderbag. In order to thicken your dish, dissolve a bit of flour or corn starch in a little cold water and then stir into the pot.
- If you are using wine in your recipe, cook off the alcohol (takes about 5 minutes) before placing in the Wonderbag.
- Salt meat a day in advance of cooking to get the meat tender and moist.
- Salt and acidic foods (like tomatoes) will keep beans from softening. Therefore when using a tomato-based sauce, pre-cook your beans in the Wonderbag or use canned beans. Do not put salt into your pre-soaked dried beans until after they have completed cooking.
- You cannot overcook or burn foods in the Wonderbag because it is not on a direct heat source.
- The longer foods stay in the bag, the more tender they become.
- You'll need to brown meat or caramelize onions before they are added to the Wonderbag, as they need to be done at very high temperatures in order to retain their flavors.
- Only open your Wonderbag when you are ready to serve to avoid losing any heat.
- Once you start using the Wonderbag, you will quickly get a feel for it. Most recipes stay well above 135° F for at least 4 or 5 hours, some up to 8 hours.

### How to clean your Wonderbag:

The Wonderbag can be spot-washed and hung to dry. Newer washing machines with a gentle wash cycle can also be used with cold water and minimal detergent: hang dry or low temperature setting on dryer.



## COOKING TIMES

The length of time for cooking recipes varies per recipe based on the factors listed on page 44.

TYPE OF FOOD	TIME ON STOVE (AT BOIL)	TIME IN THE WONDERBAG
Chicken and meat on the bone	15-30 minutes	At least 2 hours
Boneless/skinless chicken and meat	10-15 minutes	At least 1 hour
Rice (white, brown)	5 minutes	At least 45 minutes
Pre-soaked dried beans	15 minutes	Small beans (2-3 hours), Large beans (4-5 hours)
Root vegetables	15 minutes	At least 1 hour

## CONVERSION TABLES

### VOLUME (LIQUIDS)

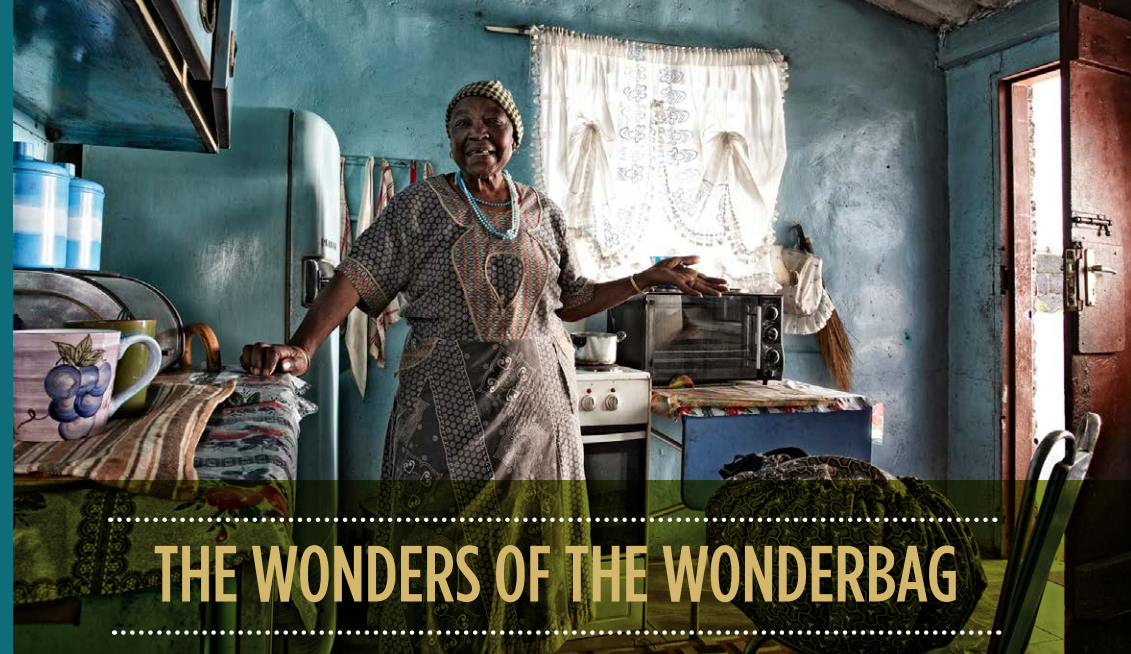
QUANTITY	METRIC
1 tsp	5 mL
1 Tbsp	15 mL
1/8 cup	30 mL
1/4 cup	60 mL
1/2 cup	80 mL
1 cup or 1/2 pint	240 mL

### TEMPERATURE

FARENHEIT	CELCIUS	GAS MARK
200°	93°	-
300°	150°	2
325°	160°	3
350°	180°	4
375°	190°	5
400°	200°	6
425°	220°	7
Broil / 500°	260°	9

### WEIGHT

QUANTITY	OUNCES	METRIC
	1oz	28 g
1/4 pound	4 oz	113 g
1/3 pound	5 1/3 oz	150 g
1/2 pound	8 oz	230 g
3/4 pound	12 oz	340 g
1 pound	16 oz	450 g



## THE WONDERS OF THE WONDERBAG

Powerless is powerful.

With the purchase of your Wonderbag, you have also given a Wonderbag to an African family in need.

The Wonderbag's non-electric, eco-conscious cooking method saves time and resources for women around the world.

10 Ways The Wonderbag Works Wonders for Women in Africa

Every day, 3 billion families around the world still cook their meals over open fires. The Wonderbag reduces the need for firewood by up to 60%.

1. Less firewood needed means less time spent gathering wood and cooking meals.

2. Up to 1,248 more hours per year equals increased opportunities for women outside of the home.

3. With a reduced need for firewood gathering, children spend more time in school being inspired!

4. The Wonderbag reduces a family's fuel costs by 40%, so families have more money to use towards necessities like food and shelter.

5. It keeps families healthier, reducing pollution-related deaths and diseases.

6. The Wonderbag helps slow deforestation rates and saves 1.7 trees per bag per year.

7. The Wonderbag creates jobs: 1 job is created for every 1000 bags distributed.

8. Wonderbags can reduce carbon emissions, up to 1 ton per bag per year.

9. By reducing water usage in cooking by up to 80%, the Wonderbag saves up to 1000 liters of water per bag per year.

10. The Wonderbag proves that we are one world, connected and strong.



# CONTACT US

For questions & inquiries:  
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# VISIT US

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