

REQUIRED INGREDIENTS

- PACKAGE CONTENTS
 - (1/4 CUP) OLIVE OIL
 - (1/4 CUP) SOY SAUCE
 - (3 CLOVES) GARLIC, MINCED
 - (3) CELERY STALKS, CHOPPED
 - (1/2) ONION, CHOPPED
 - (2) CARROTS, CHOPPED
- *FEEL FREE TO EXPERIMENT WITH DIFFERENT VEGGIES!

ALPHA BURGER COOKING INSTRUCTIONS

1. REMOVE PLASTIC BAG CONTAINING INGREDIENTS AND SET ASIDE.
2. EMPTY REMAINING CONTENTS INTO A LARGE POT. REMOVE DESICANT PACK AND BREAK UP ANY CLUMPS.
3. STIR IN 5 CUPS OF WATER AND BRING TO A BOIL.
4. REDUCE TO A SIMMER AND COOK COVERED UNTIL ALL WATER IS ABSORBED AND MIXTURE IS VERY THICK, ROUGHLY 50 MIN. IT WILL BE VERY STICKY AND GELATINOUS. STIR FREQUENTLY TO PREVENT STICKING/BURNING ON THE BOTTOM!
5. PREHEAT OVEN TO 350°F.
6. HEAT 1/4 CUP OF OLIVE OIL IN A LARGE SAUCEPAN OVER MEDIUM HEAT AND ADD ALL VEGGIES EXCEPT THE GARLIC.
7. STIR REGULARLY AND COOK UNTIL THE ONIONS ARE TRANSLUCENT.
8. ADD THE GARLIC AND THE CONTENTS OF THE PLASTIC BAG TO THE PAN AND MIX WELL. CONTINUE TO COOK ON MEDIUM HEAT, STIRRING REGULARLY FOR ABOUT 5 MINUTES, OR UNTIL THE SPICES ARE TOASTED AND BECOME FRAGRANT.
9. TURN OFF THE HEAT AND STIR IN 1/4 CUP OF SOY SAUCE (OR TAMARI) TO THE PAN .
10. TRANSFER THE VEGGIES TO THE POT OF COOKED GRAINS AND STIR UNTIL WELL INCORPORATED.
11. USING A 1/2-CUP MEASURING CUP, SCOOP THE MIXURE ONTO A BAKING SHEET AND PRESS DOWN TO FORM PATTIES.
12. PLACE THE BAKING SHEET IN THE OVEN AND BAKE FOR 15 MINUTES.
13. FLIP EACH BURGER, AND CONTINUE BAKING FOR 10 MINUTES.
14. REMOVE BURGERS FROM OVEN, AND ARRANGE DELICATELY ON A PLATE, BUN, OR OTHER VESSEL OF YOUR CHOICE. ENJOY!

*TO MAKE FEWER THAN 15 BURGERS, RESERVE SOME OF THE MIXTURE BEFORE BAKING AND STORE IN THE REFRIGERATOR. ANY LEFTOVER BURGERS CAN BE REFRIGERATED OR FROZEN AND WILL STILL BE DELICIOUS AFTER REHEATING!