

REQUIRED INGREDIENTS

- Package contents
- (1/4 cup) Olive oil
- (1/4 cup) Soy sauce
- (3 cloves) Garlic, minced
- (3) Celery stalks, chopped
- (1) Medium onion, chopped
- (2) Large carrots, chopped

*Feel free to experiment with different veggies!!

COOKING INSTRUCTIONS

1. Remove sealed plastic bag and set aside.
2. Empty remaining contents into a large pot
3. Add 4 cups of water and bring to a boil.
4. Reduce to a simmer and cook covered until all water is absorbed, roughly 50 min.
5. While grains are cooking, 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. Cook until the onions are translucent, stirring regularly.
8. Add the garlic and the contents of the plastic bag to the pan and mix well.
9. Continue to cook on medium heat, stirring regularly for about 5 minutes, or until the spices are toasted and fragrant.
10. Turn off the heat and stir in 1/4 cup of soy sauce to the pan .
11. Transfer the veggies to the pot of cooked grains and stir until well incorporated.
12. Using a 1/2-cup measuring cup, scoop the mixture onto a baking sheet and press down to form patties.
13. Place the baking sheet in the oven and bake for 15 minutes.
14. Flip each burger, and continue baking for 10 more minutes.
15. Remove burgers from oven, and arrange delicately on a plate, bun, or other vessel of your choice.
16. Enjoy!

Leftover burgers can be refrigerated or frozen and will still be delicious after reheating!