



## Chili sin carne

Easy-to-cook recipe for people with Myasthenia Gravis

PREP TIME: 20 MIN

COOK TIME: 15 MIN

YIELDS: 4 SERVINGS

### Ingredients

- ☐ 400g chickpeas, drained and rinsed
- ☐ 400g kidney beans, drained and rinsed
- ☐ 400g chopped tomatoes
- ☐ 1/2 avocado, sliced (optional)
- ☐ 1 tablespoon olive oil
- ☐ Bell peppers, chopped
- ☐ 1 teaspoon of: cumin, paprika, cinnamon, chili, garlic, onion powder
- ☐ 1 portion of rice (about 60-80g uncooked)
- ☐ 1 lime (for juice)
- ☐ Fresh coriander, chopped (optional)
- ☐ Nutritional yeast or vegan cheese (optional)

### Directions

1. **Prepare the ingredients:** Open and rinse the chickpeas and kidney beans. Rinsing beans thoroughly helps avoid bloating.

**Tips:** Use pre-chopped or frozen vegetables to save time and reduce effort.

2. **Cook the chili:** Heat the olive oil in a medium-sized pan over medium heat. Add the chopped bell peppers. Cook for 5 minutes, stirring occasionally, until softened. For easier stirring, use a long-handled spoon.

3. **Add** the onion, garlic, cumin, paprika, cinnamon, and chili powder. Stir for another minute to cook the spices. If the mixture gets too dry, add a splash of water.

4. **Add** the chickpeas, kidney beans, and chopped tomatoes. Stir everything together. Add a little water if needed to adjust the consistency.

5. **Simmer the chili:** Bring the chili to a simmer and cook for 15-20 minutes until the sauce thickens and the flavours meld.

6. **Cook the rice:** While the chili simmers, cook the rice according to the package instructions.

**Tips:** You can use a rice cooker or a slow cooker to make it easier.

7. **Serve:** Serve the chili over the cooked rice. Top with fresh coriander, sliced avocado, a squeeze of lime juice, and a sprinkle of nutritional yeast or vegan cheese, if desired.

**MG United**  
by argenx



Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

