



## Minestrone soup

Easy-to-cook recipe for people with Myasthenia Gravis

PREP TIME: 20 MIN    COOK TIME: 30 MIN    YIELDS: 4 SERVINGS

### Ingredients

- 1 yellow onion, diced
- 130 g carrots, sliced
- 1 tbsp olive oil
- 400 g diced tomatoes
- 240 ml water
- 400 g white beans, any type, drained
- 400 g chickpeas, drained
- Cumin, salt and pepper to taste

### For the topping

- A handful of parsley, chopped
- A small handful of pine nuts
- About two cloves of garlic, minced
- A pinch of dried basil

### Directions

1. Heat 1 tablespoon of olive oil in a 4-quart, heavy-bottomed pan over medium heat and add diced onions and sliced carrots. Sauté for 5 minutes or until onion is fragrant.
  2. Add tomatoes, cumin, white beans, chickpeas, and water to the pot and bring to a simmer. Continue to simmer until the carrots are soft, about 8 to 15 minutes.
  3. Season with salt and pepper to taste.
- Optional: add fresh herbs like parsley or basil before serving.

### To make the topping

Use a plunger-style food chopper or small food processor to coarsely chop the parsley, pine nuts, garlic, basil and the remaining of olive oil. Add a dash of salt if desired.

**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.**

