



Veggie burger

Easy-to-cook recipe for people with Myasthenia Gravis

PREP TIME: 20 MIN

COOK TIME: 15 MIN

YIELDS: 4 BURGERS

Ingredients

- ☐ 400g of black beans, drained and rinsed
- ☐ ½ red onion, chopped
- ☐ 1 small garlic clove (or 1 tablespoon garlic powder)
- ☐ 1 small garlic clove (or 1 tablespoon garlic powder)
- ☐ 1 egg
- ☐ ½ cup breadcrumbs (ready-to-use)
- ☐ ¼ teaspoon salt
- ☐ ½ teaspoon smoked paprika
- ☐ ½ teaspoon onion powder
- ☐ ¼ teaspoon black pepper
- ☐ 1 tablespoon olive oil (optional)
- ☐ 4 soft rolls of bread

Directions

1. **Blend the ingredients:** In a food processor or blender, combine the black beans, onion, garlic, and coriander (if using). Blend until the mixture is mostly smooth but with some texture.

Tips: For an easier preparation, you can use pre-chopped onion and ready-to-use coriander.
2. **Add remaining ingredients:** Add the egg, breadcrumbs, salt, smoked paprika, onion powder, and black pepper. Blend again until everything is well combined.
3. **Form the burgers:** Take a small amount of the mixture and form it into 4 small patties, then flatten them slightly.
4. **Cook the burgers:** Heat a non-stick frying pan over medium heat. Add a little olive oil (optional). Cook the patties for about 4 minutes on each side until golden brown.
5. **Assemble:** Place the cooked patties on the lightly toasted rolls. You can add toppings like tomatoes or lettuce, depending on the person's ability to chop or chew them easily.

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.

