
Low-Glycemic Three-Bean Chili with Roasted Peppers

A fiber-rich vegan chili that keeps blood sugar stable. Packed with protein and slow-digesting beans, this hearty one-pot meal satisfies without the spike.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 4

GL 12.1 / GI 21

Ingredients

olive oil

yellow onion, finely chopped

mix of colors preferred bell peppers, deseeded and sliced

ground cumin

adjust to taste chili powder

sweet smoked paprika

with liquid canned kidney beans in chili sauce

drained weight canned mixed beans, drained and rinsed

canned chopped tomatoes

optional low-GI alternative to white rice cauliflower rice, for serving

Instructions

Step 1

Warm the olive oil in a large, heavy-bottomed pot or Dutch oven over medium heat until shimmering, about 2 minutes.

Step 2

Add the chopped onion to the pot and sauté for 4-5 minutes, stirring occasionally, until it begins to soften and turn translucent.

Step 3

Toss in the sliced bell peppers and continue cooking for another 6-8 minutes, stirring frequently, until the peppers are tender and slightly caramelized at the edges.

Step 4

Sprinkle the ground cumin, chili powder, and smoked paprika over the vegetables. Stir continuously for 60-90 seconds until the spices become fragrant and coat the vegetables evenly.

Step 5

Pour in the kidney beans with their chili sauce, the drained mixed beans, and the chopped tomatoes. Stir everything together thoroughly to combine.

Step 6

Bring the mixture to a rolling boil over medium-high heat, then reduce the heat to low and let it simmer uncovered for 15-20 minutes, stirring occasionally, until the chili thickens to your desired consistency.

Step 7

Taste and adjust seasoning with salt, pepper, or additional chili powder as needed. For best blood sugar management, serve immediately in 1.5 cup portions over cauliflower rice or enjoy as a standalone bowl with a side of leafy greens.

Step 8

Store leftovers in an airtight container in the refrigerator for up to 5 days, or freeze in individual portions for up to 3 months. The flavors deepen overnight, making this excellent for meal prep.