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# 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**

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## Ingredients

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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

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# Instructions

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## 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.