

Mediterranean Chicken and Butter Bean Stew with Roasted Peppers

A blood sugar-friendly one-pot wonder combining lean chicken thighs with fiber-rich butter beans, colorful peppers, and aromatic paprika for steady energy.

Prep: 10 min

Cook: 55 min

Total: 65 min

Servings: 4

GL 17.9 / GI 26

Ingredients

Heart-healthy monounsaturated fat olive oil

Low GI, adds natural sweetness large onion, chopped

Very low calorie, high fiber celery stalks, chopped

Low GI, rich in vitamin C yellow bell pepper, deseeded and diced

Low GI, antioxidant-rich red bell pepper, deseeded and diced

May help improve insulin sensitivity garlic clove, crushed

Adds flavor without sugar paprika

Low GI, rich in lycopene canned chopped tomatoes

Adds depth without carbs chicken stock, low-sodium

GI ~30, excellent fiber source canned butter beans, drained and rinsed

Lean protein for blood sugar stability skinless chicken thighs, bone-in or boneless

Instructions

Step 1

Preheat your oven to 180°C (160°C fan/350°F/gas mark 4). This moderate temperature will allow the stew to cook gently and develop deep flavors.

Step 2

Heat the olive oil in a large oven-safe casserole dish or Dutch oven over medium heat. Once shimmering, add the chopped onion, celery, and both diced peppers. Sauté for approximately 5 minutes, stirring occasionally, until the vegetables begin to soften and the onion becomes translucent.

Step 3

Add the crushed garlic and paprika to the vegetable mixture. Continue cooking for another 3 minutes, stirring frequently to prevent the paprika from burning. The paprika should become fragrant and coat the vegetables evenly.

Step 4

Pour in the canned chopped tomatoes and chicken stock, stirring to combine. Add the drained and rinsed butter beans, mixing everything together thoroughly. Season generously with salt and freshly ground black pepper to taste.

Step 5

Bring the mixture to a gentle boil over medium-high heat, then reduce to a simmer. Nestle the chicken thighs into the sauce, ensuring they're partially submerged but not completely covered. The chicken should be arranged in a single layer if possible.

Step 6

Cover the casserole dish with a tight-fitting lid and carefully transfer it to the preheated oven. Cook for 45 minutes, or until the chicken is cooked through and tender, reaching an internal temperature of 75°C (165°F).

Step 7

Remove from the oven and let rest for 5 minutes before serving. The stew will thicken slightly as it cools. Serve in shallow bowls, ensuring each portion contains chicken, beans, and plenty of the flavorful vegetable sauce. Garnish with fresh parsley if desired.