

Low-Glycemic Courgette, Pea & White Bean Soup with Basil Pesto

A fiber-rich, blood sugar-friendly soup combining tender courgettes, sweet peas, and creamy cannellini beans in a fragrant basil pesto broth.

Prep: 10 min

Cook: 15 min

Total: 25 min

Servings: 4

GL 6.6 / GI 34

Ingredients

- Healthy monounsaturated fat slows glucose absorption

extra virgin olive oil
- Supports insulin sensitivity

garlic clove, thinly sliced
- Very low GI, high in soluble fiber and water content

courgettes, quartered lengthways and chopped
- Low-medium GI (48), good protein and fiber source

frozen peas
- Excellent low GI (31), rich in resistant starch

cannellini beans, drained and rinsed
- Choose low-sodium to control blood pressure

hot vegetable stock, low-sodium
- Adds healthy fats and flavor without sugar

basil pesto

Instructions

Step 1

Place a large saucepan or soup pot over medium heat and add the olive oil. Allow it to warm for about 30 seconds until it shimmers slightly.

Step 2

Add the sliced garlic to the heated oil and sauté for 20-30 seconds, stirring constantly, until fragrant but not browned. Be careful not to burn the garlic as it can become bitter.

Step 3

Add the chopped courgettes to the pot and stir to coat them in the garlic-infused oil. Cook for 3-4 minutes, stirring occasionally, until the courgettes begin to soften and turn slightly translucent at the edges.

Step 4

Stir in the frozen peas and drained cannellini beans, mixing everything together thoroughly. Pour in the hot vegetable stock and bring the mixture to a gentle boil.

Step 5

Reduce the heat to medium-low and simmer for 3-4 minutes until the peas are tender and bright green, and all vegetables are cooked through but still retain some texture.

Step 6

Remove the pot from heat and stir in the basil pesto until it's evenly distributed throughout the soup. Season with freshly ground black pepper and a pinch of sea salt to taste.

Step 7

Ladle the soup into warmed bowls and serve immediately. For optimal blood sugar control, eat this soup before any bread or other carbohydrates. The soup can also be cooled and stored in an airtight container in the refrigerator for up to 4 days, or frozen for up to 3 months.