

Slow Cooker Black Bean Soup with Low-GI Optimization

A blood sugar-friendly black bean soup packed with fiber and plant protein. This hearty vegetarian meal delivers sustained energy without glucose spikes.

Prep: 20 min

Cook: 120 min

Total: 140 min

Servings: 8

GL 12.3 / GI 26

Ingredients

Three 15-oz cans; GI: 30 (low); excellent fiber and resistant starch source black beans, drained and rinsed

One 4-oz can; adds flavor without affecting blood sugar green chilis

Choose low-sodium variety without added sugars chunky salsa

Low-sodium preferred; liquid base vegetable broth

GI: 10 (low); provides prebiotic fiber white onion, finely minced

Supports insulin sensitivity and adds depth garlic, minced

May help improve glucose metabolism ground cumin

Capsaicin supports metabolic health chili powder

Adds color and antioxidants paprika

Adjust to taste preference salt

Enhances nutrient absorption ground black pepper

Instructions

Step 1

Add the drained and rinsed black beans to your slow cooker insert. Rinsing removes excess sodium and improves digestibility.

Step 2

Add the green chilis, chunky salsa, vegetable broth, minced onion, and minced garlic to the slow cooker with the beans.

Step 3

Sprinkle in the cumin, chili powder, paprika, salt, and black pepper. Stir everything together thoroughly to ensure the spices are evenly distributed throughout the mixture.

Step 4

Cover the slow cooker with the lid and set to high heat. Cook for 2 hours, stirring once at the halfway point (after 1 hour) to prevent sticking and ensure even cooking.

Step 5

After cooking is complete, remove the lid and stir the soup well. Carefully ladle out 3 cups of the soup mixture and transfer to a high-speed blender.

Step 6

Blend the reserved soup until completely smooth and creamy, about 30-45 seconds. This pureed portion will give the soup a luxurious texture while keeping some beans whole for fiber and satiety.

Step 7

Pour the smooth bean puree back into the slow cooker and stir thoroughly to combine with the remaining chunky soup. The result should be a creamy soup with visible bean pieces throughout.

Step 8

Serve hot in 1.5-cup portions, topped with blood sugar-friendly garnishes like diced avocado, a dollop of Greek yogurt, fresh cilantro, or roasted non-starchy vegetables such as bell peppers, zucchini, or cauliflower. For optimal glycemic control, pair with a side of leafy greens dressed with olive oil and eat the vegetables first.