

Low-Glycemic Chicken and White Bean Casserole

A hearty, blood sugar-friendly chicken casserole packed with fiber-rich beans and vegetables that keeps you satisfied without the glucose spike.

Prep: 20 min

Cook: 60 min

Total: 80 min

Servings: 4

GL 16.2 / GI 28

Ingredients

For browning chicken and vegetables sunflower oil

Provides protein and healthy fats for blood sugar stability boneless, skinless chicken thighs, trimmed and cut into chunks

Medium-GI vegetable, adds natural sweetness onion, finely chopped

Medium-GI root vegetable, high in fiber carrots, finely chopped

Very low-GI, adds crunch and minerals celery stalks, finely chopped

Aromatic herb with antioxidant properties fresh thyme sprigs or 1/2 tsp dried thyme

Adds depth of flavor bay leaf, fresh or dried

Liquid base for the casserole vegetable or chicken stock, low-sodium preferred

Low-GI legume, excellent source of fiber and plant protein canned haricot beans, drained and rinsed

For garnish and added nutrients fresh parsley, chopped

Instructions

Step 1

Heat the sunflower oil in a large, heavy-bottomed casserole pot or Dutch oven over medium-high heat until shimmering but not smoking.

Step 2

Add the chicken thigh chunks in a single layer and cook undisturbed for 3-4 minutes until golden brown on the bottom. Turn pieces and brown on the other side, about 3 minutes more. The chicken doesn't need to be cooked through at this stage.

Step 3

Add the finely chopped onion, carrots, and celery to the pot with the chicken. Reduce heat to medium and cook for 5-6 minutes, stirring occasionally, until the vegetables begin to soften and the onions become translucent.

Step 4

Tuck the thyme sprigs and bay leaf into the vegetable mixture, then pour in the stock. Stir well to combine all ingredients and scrape up any browned bits from the bottom of the pot for extra flavor.

Step 5

Bring the mixture to a rolling boil, then immediately reduce heat to low. Cover the pot with a tight-fitting lid and simmer gently for 40 minutes, stirring occasionally, until the chicken is completely tender and cooked through.

Step 6

Add the drained haricot beans to the casserole and stir gently to distribute evenly. Continue simmering uncovered for 5-7 minutes to heat the beans through and allow the sauce to thicken slightly.

Step 7

Remove from heat and discard the thyme sprigs and bay leaf. Taste and adjust seasoning with salt and black pepper if needed.

Step 8

Sprinkle generously with freshly chopped parsley before serving. For best blood sugar control, serve with a small portion of whole grain bread or enjoy on its own as a complete meal. The casserole can be cooled and frozen in portions for up to 3 months.