

Blood Sugar-Friendly Minestrone with Lemon & Herbs

A nourishing vegetable-packed soup designed for steady energy. Fiber-rich legumes and non-starchy vegetables create a satisfying low-GI meal perfect for any time of day.

Prep: 10 min

Cook: 35 min

Total: 45 min

Servings: 6

GL 15.0 / GI 23

Ingredients

yellow onion, diced

garlic cloves, minced

carrots, sliced

extra virgin olive oil

tomato paste

canned diced tomatoes with juices

kidney beans, rinsed and drained

chickpeas, rinsed and drained

Italian seasoning blend

low-sodium vegetable broth

zucchini, cut into quarter-rounds

frozen green beans

fresh lemon juice

fresh parsley, chopped

Instructions

Step 1

Prepare your vegetables by dicing the yellow onion into small pieces, mincing the garlic cloves finely, and slicing the carrots into rounds about 1/4-inch thick. Set aside while you heat your soup pot.

Step 2

Heat the olive oil in a large heavy-bottomed pot over medium heat. Add the diced onion, minced garlic, and sliced carrots. Cook, stirring occasionally, for approximately 5 minutes until the onion turns translucent and softens. This aromatic base builds flavor while keeping the glycemic impact low.

Step 3

Stir in the tomato paste and continue cooking for 2-3 minutes, allowing it to caramelize slightly and coat the vegetables. This deepens the umami flavor. Watch carefully to prevent burning, stirring frequently as the paste darkens.

Step 4

Drain and rinse both the kidney beans and chickpeas thoroughly under cold water. Add them to the pot along with the entire can of diced tomatoes with their juices, Italian seasoning, and vegetable broth. Stir everything together until well combined, then cover with a lid and bring to a gentle simmer.

Step 5

Reduce heat to maintain a steady simmer and cook covered for 20 minutes, stirring every 5-7 minutes. This allows the flavors to meld while the carrots soften and the legumes release their starches, creating a naturally thickened, satisfying broth.

Step 6

While the soup simmers, slice the zucchini lengthwise into quarters, then cut crosswise into bite-sized pieces. After the 20-minute simmer, add the zucchini pieces and frozen green beans directly to the pot without thawing. Stir well and continue simmering uncovered for 5-10 minutes until the zucchini is tender but still holds its shape.

Step 7

Remove from heat and stir in the fresh lemon juice and chopped parsley. Taste and adjust seasoning with additional salt if needed, though the broth and vegetables typically provide sufficient sodium. Serve hot in deep bowls, enjoying the vegetables first to maximize the blood sugar benefits. Store leftovers in airtight containers for up to 5 days.