

Low-Glycemic Green Chicken Chili with White Beans

A blood sugar-friendly Mexican-inspired soup featuring lean chicken, fiber-rich white beans, and tangy salsa verde that won't spike your glucose levels.

Prep: 15 min

Cook: 36 min

Total: 51 min

Servings: 6

GL 7.4 / GI 22

Ingredients

Healthy monounsaturated fats slow glucose absorption extra-virgin olive oil

Low GI vegetable, adds fiber small yellow onion, diced

Very low GI, high in vitamin C green bell pepper, diced

Capsaicin may improve insulin sensitivity jalapeño, seeded and minced

May help regulate blood sugar garlic cloves, minced

Choose low-sodium to control blood pressure chicken stock, low-sodium preferred

Low GI (35-40), high in resistant starch and fiber white beans (navy, cannellini, or great northern), drained and rinsed

Lower sugar than tomato-based salsas salsa verde, homemade or store-bought

Adds flavor without sugar canned green chilis

Lean protein stabilizes blood sugar boneless skinless chicken breast, cut into 2-inch cubes

Anti-inflammatory spice ground cumin

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Metabolism-boosting properties chili powder

Adjust to taste sea salt

Vitamin C, brightens flavors fresh lime juice

Healthy fats further lower glycemic response ripe avocado, diced, for serving

Antioxidants and fresh flavor fresh cilantro, minced, for serving

Instructions

Step 1

Heat the extra-virgin olive oil in a large heavy-bottomed pot or Dutch oven over medium heat until it shimmers, approximately 2 minutes.

Step 2

Add the diced yellow onion and green bell pepper to the pot. Sauté the vegetables, stirring occasionally, until they become tender and the onion turns translucent, about 5 minutes.

Step 3

Stir in the minced jalapeño and garlic, cooking for an additional minute until the garlic becomes fragrant and aromatic. Be careful not to let the garlic brown.

Step 4

Pour in the chicken stock, then add the drained white beans, salsa verde, canned green chilis, cubed chicken breast, cumin, chili powder, and sea salt. Stir everything together to combine thoroughly.

Step 5

Increase the heat to high and bring the soup to a rolling boil. Once boiling, reduce the heat to medium-low to maintain a gentle simmer.

Step 6

Cover the pot partially and simmer for 30 minutes, stirring occasionally, until the chicken is completely cooked through and tender. The internal temperature of the chicken should reach 165°F.

Step 7

Remove the pot from heat and stir in the fresh lime juice. Taste and adjust seasoning with additional salt if needed.

Step 8

Ladle the hot soup into individual bowls and top each serving with diced avocado and minced fresh cilantro. For best blood sugar control, eat the avocado-topped soup slowly and consider having a small green salad first to further moderate glucose absorption.