

Low-Glycemic Green Chicken Chili with White Beans

A blood sugar-friendly Mexican-inspired soup featuring lean chicken, fiber-rich white beans, and vibrant green chiles in a tangy tomatillo broth.

Prep: 15 min

Cook: 36 min

Total: 51 min

Servings: 6

GL 7.4 / GI 22

Ingredients

Heart-healthy fat that slows glucose absorption extra-virgin olive oil

Low GI vegetable, adds flavor without spiking blood sugar small yellow onion, diced

Very low glycemic impact, high in vitamin C green bell pepper, diced

Capsaicin may improve insulin sensitivity jalapeño, seeded and minced

May help regulate blood sugar levels garlic cloves, minced

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

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

Tomatillo-based, lower glycemic than tomato sauces salsa verde, homemade or store-bought

Minimal carbohydrates, adds depth of flavor canned green chiles

Lean protein with zero glycemic impact boneless skinless chicken breast, cut into 2-inch cubes

logifoodcoach.com/recipes/low-glycemic-green-chicken-chili-with-white-beans

May help improve glycemic control ground cumin

Adds warmth without affecting blood sugar chili powder

Adjust to taste, use less if watching sodium sea salt

Citric acid may lower glycemic response fresh lime juice (from 1 lime)

Healthy fats slow glucose absorption significantly ripe avocado, diced, for serving

Fresh herb with negligible carbohydrates 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. This healthy fat will form the flavorful base of your soup.

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 to 6 minutes. These low-glycemic vegetables provide fiber without spiking blood sugar.

Step 3

Stir in the minced jalapeño and garlic, cooking for an additional minute until fragrant. The aromatic compounds released will deepen the flavor profile while the capsaicin in the jalapeño may help improve insulin sensitivity.

Step 4

Pour in the chicken stock, then add the drained white beans, salsa verde, and canned green chiles. Stir to combine all the ingredients thoroughly. The white beans provide resistant starch and soluble fiber that support stable blood sugar levels.

Step 5

Add the cubed chicken breast, ground cumin, chili powder, and sea salt to the pot. Stir everything together, then increase the heat to high and bring the mixture to a rolling boil.

Original recipe: 100% whole grain, low-glycemic green chicken chili with white beans

Step 6

Once boiling, reduce the heat to medium-low to maintain a gentle simmer. Cover partially and cook for 30 minutes, stirring occasionally, until the chicken is cooked through and tender. The chicken should reach an internal temperature of 165°F.

Step 7

Remove the pot from heat and stir in the fresh lime juice. The citric acid brightens the flavors and may help moderate the glycemic response of the meal.

Step 8

Ladle the soup into individual bowls and top each serving generously with diced avocado and minced fresh cilantro. The healthy fats from the avocado are crucial for slowing glucose absorption—don't skip this step for optimal blood sugar management.