

Low-Glycemic Turkey and Bean Chili with Roasted Zucchini

A blood sugar-friendly chili featuring lean turkey, fiber-rich beans, and roasted vegetables that delivers sustained energy without the glucose spike.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 8

GL 7.8 / GI 40

Ingredients

Low GI vegetable, roasted to enhance flavor zucchini, chopped

Healthy fat that slows carbohydrate absorption extra virgin olive oil

Medium GI when cooked, provides flavor base yellow onion, chopped

Nearly zero glycemic impact, adds fiber celery, chopped

Low GI, rich in vitamin C bell peppers, chopped (any color)

May help improve insulin sensitivity fresh garlic, minced

Lean protein with zero glycemic impact cooked turkey breast, chopped

Capsaicin may improve glucose metabolism chili powder

Spice with potential blood sugar benefits cumin seeds

Low GI, rich in lycopene no-salt-added diced tomatoes, canned

Low GI (24), high fiber and resistant starch kidney beans, canned, rinsed and drained

Adds flavor without affecting blood sugar low-sodium vegetable broth

Minimal amount for balance, can omit if desired brown sugar

Instructions

Step 1

Preheat your oven to 475°F (245°C). Lightly coat a glass baking dish with cooking spray or a thin layer of olive oil. Spread the chopped zucchini in a single even layer across the dish, ensuring pieces don't overlap for optimal roasting.

Step 2

Place the zucchini in the preheated oven and roast for 8 to 10 minutes, until the pieces become slightly tender and develop light golden-brown edges. This roasting process concentrates the vegetable's natural flavors while maintaining its low glycemic properties.

Step 3

While the zucchini roasts, heat the olive oil in a large Dutch oven or heavy-bottomed soup pot over medium-low heat. Add the chopped onions and sauté gently for 5 to 7 minutes, stirring occasionally, until they become soft and develop a rich golden-brown color.

Step 4

Add the chopped celery and bell peppers to the pot with the caramelized onions. Continue cooking for another 4 to 5 minutes, stirring frequently, until the vegetables begin to soften. The celery should remain slightly crisp to provide textural contrast.

Step 5

Stir in the minced garlic, chopped turkey, chili powder, and cumin seeds. Mix everything thoroughly to coat the turkey and vegetables with the aromatic spices. Reduce heat to low, cover the pot, and let the mixture simmer gently for 5 minutes to allow the flavors to meld.

Step 6

Add the diced tomatoes with their juices, rinsed kidney beans, vegetable broth, and brown sugar to the pot. Stir well to combine all ingredients. Once the zucchini has finished roasting, fold it gently into the chili mixture.

Step 7

Bring the chili to a gentle simmer, then reduce heat to low. Cover the pot and let it cook for 15 minutes, stirring occasionally to prevent sticking. The flavors will deepen and the beans will absorb the savory broth.

Step 8

Taste and adjust seasonings if needed. Ladle the hot chili into warmed bowls and serve immediately. For optimal blood sugar control, pair with a side salad eaten first, and consider topping with a dollop of Greek yogurt instead of sour cream for added protein.