

Low-Glycemic Chicken and Cauliflower Rice Soup

A nourishing, blood sugar-friendly soup featuring tender chicken and cauliflower rice in a savory herb-infused broth that won't spike your glucose levels.

Prep: 10 min

Cook: 22 min

Total: 32 min

Servings: 4

GL 1.1 / GI 25

Ingredients

Heart-healthy monounsaturated fat, helps slow glucose absorption avocado oil

Low GI vegetable, high in fiber celery stalks, chopped

Contains chromium which supports insulin function chopped onions

May help improve insulin sensitivity garlic cloves, minced

Anti-inflammatory herb dried thyme leaves

Adds flavor without affecting blood sugar paprika

Provides savory base without carbohydrates chicken broth, low-sodium

Protein and healthy fats slow glucose absorption boneless, skinless chicken thighs, cubed

GI of ~15, excellent low-carb rice substitute riced cauliflower

Season to taste, no glycemic impact salt and black pepper

Instructions

Step 1

Place a large soup pot or Dutch oven over medium heat and add the avocado oil. Allow it to warm for about 30 seconds until shimmering.

Step 2

Add the chopped celery and onions to the pot. Season generously with salt and freshly ground black pepper. Sauté the vegetables, stirring occasionally, for approximately 5 minutes until they become tender and the onions turn translucent.

Step 3

Stir in the minced garlic, dried thyme, and paprika. Continue cooking for 1 minute, stirring constantly, until the garlic becomes fragrant and the spices are well distributed throughout the vegetables.

Step 4

Pour in the chicken broth and increase the heat to medium-high. Bring the mixture to a rolling boil, which should take about 3-4 minutes.

Step 5

Add the cubed chicken thighs to the boiling broth. Reduce the heat to maintain a gentle simmer. Cook for 8 minutes, stirring occasionally to ensure even cooking.

Step 6

Add the riced cauliflower to the soup and stir well to combine. Continue simmering for an additional 4 minutes until the cauliflower is tender but not mushy and the chicken is fully cooked through with no pink remaining.

Step 7

Taste the soup and adjust the seasoning with additional salt and pepper as needed. For optimal blood sugar management, serve immediately in warmed bowls. Consider eating the vegetables and protein first, then finishing with the broth.