

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 24

Ingredients

Heart-healthy monounsaturated fat that doesn't affect blood sugar avocado oil

Low GI vegetable, high in fiber celery stalks, chopped

Low to medium GI, adds flavor and antioxidants yellow onion, finely chopped

To taste sea salt

To taste black pepper

Low GI, supports insulin sensitivity garlic cloves, minced

Anti-inflammatory herb dried thyme leaves

Adds color and antioxidants paprika

Choose organic, low-sodium for best results low-sodium chicken broth

Higher fat content than breast, better for satiety boneless, skinless chicken thighs, cut into bite-sized pieces

Very low GI alternative to rice, approximately GI 15 riced cauliflower

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 black pepper. Sauté the vegetables, stirring occasionally, for approximately 5 minutes until they become soft 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 medium-low to maintain a gentle simmer. Cook for 8 minutes, stirring occasionally.

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 cooked through with no pink remaining.

Step 7

Taste the soup and adjust the seasoning with additional salt and pepper as needed. For blood sugar management, serve immediately while hot, eating the vegetables and broth first, followed by the protein. Store leftovers in an airtight container in the refrigerator for up to 4 days.
