

Low-Glycemic Mexican Chicken Stew

A blood sugar-friendly Mexican-inspired chicken stew with smoky chipotle, rich tomatoes, and tender shredded chicken that won't spike your glucose levels.

Prep: 20 min

Cook: 25 min

Total: 45 min

Servings: 4

GL 3.5 / GI 47

Ingredients

- For sautéing; olive oil is a heart-healthy alternative

vegetable oil
- Low GI (15); provides prebiotic fiber

medium yellow onion, finely chopped
- Supports insulin sensitivity

garlic cloves, finely chopped
- Minimal amount to balance acidity; can substitute with stevia

dark brown sugar
- Adds smoky heat without carbs

chipotle paste
- Low GI (38); rich in lycopene

canned chopped tomatoes
- Pure protein; no glycemic impact

skinless, boneless chicken breasts
- For garnish; adds crunch and anthocyanins

small red onion, sliced into rings
- Fresh herb garnish; negligible carbs

fresh coriander leaves
- Low-GI alternative to corn tortillas or white rice

cauliflower rice, for serving

Instructions

Step 1

Heat the vegetable oil in a medium-sized saucepan or deep skillet over medium heat until shimmering, about 2 minutes.

Step 2

Add the finely chopped yellow onion to the pan and sauté for 5 minutes, stirring occasionally, until softened and beginning to turn golden at the edges.

Step 3

Stir in the chopped garlic and cook for 1 additional minute until fragrant, being careful not to let it burn.

Step 4

Add the erythritol or stevia, chipotle paste, and canned chopped tomatoes to the pan. Stir everything together until well combined, scraping up any browned bits from the bottom of the pan. The small amount of low-glycemic sweetener balances the acidity without impacting blood sugar.

Step 5

Nestle the chicken breasts into the tomato sauce, spooning some of the sauce over the top of each piece. Bring to a gentle simmer, then reduce heat to low, cover, and cook for 20 minutes until the chicken is cooked through and reaches an internal temperature of 165°F (74°C). Add a splash of water if the sauce becomes too thick.

Step 6

Remove the cooked chicken breasts from the pan and transfer to a cutting board. Using two forks, shred the chicken into bite-sized pieces by pulling the meat apart along the grain.

Step 7

Return the shredded chicken to the sauce and stir well to coat every piece. Taste and adjust seasoning with salt and pepper if needed.

Step 8

Serve the stew over cauliflower rice (prepared according to package directions), topped with sliced red onion rings and fresh coriander leaves. For best blood sugar control, eat a side salad first, then enjoy the protein-rich stew.