

Blood Sugar-Friendly Southwestern Veggie & Lentil Bowl

A fiber-rich, plant-based bowl combining protein-packed lentils, nutrient-dense vegetables, and brown rice for sustained energy without blood sugar spikes.

Prep: 15 min

Cook: 55 min

Total: 70 min

Servings: 6

GL 12.5 / GI 27

Ingredients

Heart-healthy oil for sautéing canola oil

Provides quercetin and chromium for glucose metabolism red onion, chopped

Low-calorie, high-fiber vegetable green bell pepper, chopped

Capsaicin may improve insulin sensitivity chile pepper of your choice, minced

Supports cardiovascular health garlic cloves, minced

Medium GI when eaten with protein and fiber sweet potato, diced

Rich in lycopene and vitamin C tomato, chopped

Whole grain with GI of 50-55, retains bran and fiber brown rice, uncooked

Low GI of 32, excellent protein source green lentils, dried

Quick-cooking, low GI legume red lentils, dried

Anti-inflammatory spice ground cumin

Enhances nutrient absorption fresh ground black pepper

Acidity helps moderate blood sugar response red wine vinegar

Provides flavor without sodium no-salt-added vegetable stock

For cooking grains and legumes water

Nutrient-dense superfood, extremely low GI kale, chopped

Low GI of 30, adds protein and fiber cooked black beans

Fresh herb for garnish fresh cilantro, minced

Citrus acid helps lower glycemic response lime wedges

Instructions

Step 1

Heat the canola oil in a large, deep sauté pan or Dutch oven over medium-high heat. Once the oil shimmers, add the chopped red onion and cook for 3-4 minutes, stirring occasionally, until it begins to soften.

Step 2

Add the chopped green bell peppers, minced chile pepper, minced garlic, diced sweet potato, and chopped tomato to the pan. Sauté the vegetable mixture for 10-12 minutes, stirring frequently, until the onions become translucent and the sweet potato begins to soften slightly.

Step 3

Stir in the uncooked brown rice, green lentils, and red lentils, coating them with the vegetable mixture. Add the ground cumin, black pepper, and red wine vinegar, stirring well to distribute the spices evenly throughout.

Step 4

Pour in the vegetable stock and water, stirring to combine all ingredients. Increase heat to bring the mixture to a rolling boil, then immediately reduce heat to low to maintain a gentle simmer.

Step 5

Cover the pan tightly with a lid and simmer for 45 minutes without lifting the lid. The rice and lentils should absorb the liquid and become tender. If any excess liquid remains after 45 minutes, remove the lid and simmer uncovered for an additional 5 minutes.

Step 6

Remove the pan from heat and let it rest, covered, for 5 minutes. This allows the grains to finish steaming and the flavors to meld together.

Step 7

Add the chopped kale, cooked black beans, and minced cilantro to the pan. Gently fold these ingredients into the warm grain mixture until the kale wilts slightly from the residual heat, about 2-3 minutes.

Step 8

Divide the bowl among six serving dishes. Garnish each portion with a lime wedge and encourage diners to squeeze fresh lime juice over their bowl just before eating. For optimal blood sugar control, eat the vegetables and beans first, then the grains.