
Blood Sugar-Friendly Tofu and Bean Chili

A protein-packed vegetarian chili featuring tofu and fiber-rich beans that helps maintain steady blood sugar levels while delivering bold, satisfying flavors.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 4

GL 18.0 / GI 28

Ingredients

olive oil

small yellow onion, chopped

extra-firm tofu, cut into small pieces

diced tomatoes with no added salt

kidney beans with no salt added, rinsed and drained

black beans with no salt added, rinsed and drained

chili powder

dried oregano

fresh cilantro, chopped

Instructions

Step 1

Drain the tofu and press it between paper towels or a clean kitchen towel to remove excess moisture. Cut into small cubes, approximately 1/2-inch pieces. Set aside.

Step 2

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

Step 3

Add the chopped onion to the pot and cook, stirring occasionally, until the pieces become soft and translucent, approximately 5-6 minutes. The onions should not brown.

Step 4

Stir in the cubed tofu, diced tomatoes with their juices, rinsed kidney beans, rinsed black beans, chili powder, and oregano. Mix everything together thoroughly to ensure the spices are evenly distributed.

Step 5

Increase the heat to medium-high and bring the mixture to a rolling boil, stirring occasionally to prevent sticking.

Step 6

Once boiling, reduce the heat to low and let the chili simmer uncovered for 30 minutes, stirring every 8-10 minutes. The flavors will meld together and the liquid will reduce slightly to create a thick, hearty consistency.

Step 7

Remove the pot from the heat and stir in the freshly chopped cilantro. Taste and adjust seasoning if needed.

Step 8

Ladle the hot chili into individual serving bowls. For blood sugar management, consider topping with a dollop of plain Greek yogurt and diced avocado, which add healthy fats that further slow glucose absorption. Serve immediately.