

Hearty White Bean and Vegetable Soup

A nourishing low-glycemic soup packed with fiber-rich white beans, colorful vegetables, and aromatic herbs that keeps blood sugar stable for hours.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 5

GL 6.1 / GI 19

Ingredients

healthy monounsaturated fats slow glucose absorption extra-virgin olive oil

contains quercetin which may improve insulin sensitivity medium yellow onion, chopped

moderate GI when cooked in soup with other ingredients medium carrots, chopped

very low glycemic impact, adds fiber celery ribs, chopped

sea salt

to taste freshly ground black pepper

concentrated flavor without added sugars tomato paste

may help improve insulin sensitivity garlic cloves, grated

or 1 tsp dried fresh thyme leaves

or 1/2 tsp dried, anti-inflammatory properties fresh rosemary leaves, chopped

capsaicin may boost metabolism red pepper flakes

choose low-sodium to control salt intake low-sodium vegetable broth

GI of 35, excellent source of resistant starch and fiber cooked cannellini beans, drained and rinsed

nutrient-dense, minimal glycemic impact chopped kale leaves or fresh spinach

vitamin C may help moderate glucose response fresh lemon juice

adds protein and healthy fats, minimal glycemic impact grated Parmesan cheese, optional

Instructions

Step 1

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

Step 2

Add the chopped onion, carrots, and celery to the pot along with the sea salt and several grinds of black pepper. Sauté the vegetables, stirring frequently, for 6 to 8 minutes until they become tender and the onion turns translucent.

Step 3

Create a space in the center of the pot and add the tomato paste. Cook it for about 1 minute, stirring constantly, to caramelize and deepen its flavor. Then stir in the grated garlic, fresh thyme, chopped rosemary, and red pepper flakes. Cook for another 30 seconds until fragrant.

Step 4

Pour in the vegetable broth and add the cannellini beans to the pot. Stir everything together to combine well. Increase the heat to bring the soup to a gentle boil, then reduce to a simmer.

Step 5

Allow the soup to simmer uncovered for 20 minutes, stirring occasionally. This allows the flavors to meld together and the broth to develop a richer taste. The beans will become creamier and some may break down slightly, naturally thickening the soup.

Step 6

Add the chopped kale or spinach to the pot and stir it into the hot soup. Cook for 2 to 3 minutes until the greens are wilted and tender but still vibrant in color.

Step 7

Remove the pot from heat and stir in the fresh lemon juice. Taste the soup and adjust the seasoning with additional salt and pepper as needed. The lemon juice should brighten all the flavors.

Step 8

Ladle the soup into bowls and top with a sprinkle of grated Parmesan cheese if desired. For optimal blood sugar management, eat the vegetables and beans first before any bread. Store leftovers in an airtight container in the refrigerator for up to 5 days—the flavor improves with time, and cooling then reheating increases resistant starch content for even better blood sugar control.