

Low-Glycemic White Bean Chicken Chili

A blood sugar-friendly twist on classic white chili, packed with lean protein and fiber-rich beans to keep you satisfied without the glucose spike.

Prep: 15 min

Cook: 20 min

Total: 35 min

Servings: 8

GL 10.1 / GI 22

Ingredients

Lean protein source with minimal impact on blood sugar white chunk chicken, canned

Low GI (35), high fiber - excellent for blood sugar control low-sodium white beans, drained

Low GI, rich in lycopene and vitamin C low-sodium diced tomatoes, canned

Liquid base - choose low-sodium to support heart health low-sodium chicken broth

Low GI, adds flavor and prebiotic fiber medium onion, chopped

Very low carb, high in vitamin C medium green bell pepper, chopped

Low GI, rich in antioxidants medium red bell pepper, chopped

May support healthy insulin function garlic cloves, minced

Metabolism-boosting spice with minimal glycemic impact chili powder

May help improve insulin sensitivity ground cumin

Antioxidant-rich herb with no glycemic impact dried oregano

Optional - may boost metabolism cayenne pepper, to taste

Protein and calcium with minimal carbs - use as garnish shredded reduced-fat Monterey Jack cheese

Fresh herb garnish with no glycemic impact fresh cilantro, chopped

Instructions

Step 1

Prepare your vegetables by chopping the onion, dicing both the green and red bell peppers into bite-sized pieces, and mincing the garlic cloves. Set aside. Drain and rinse the white beans thoroughly in a colander to remove excess sodium.

Step 2

Heat a large soup pot over medium heat. Add the drained canned chicken, drained white beans, undrained diced tomatoes with their juices, and chicken broth to the pot. Stir gently to combine all ingredients, then cover with a lid and bring to a gentle simmer.

Step 3

While the base simmers, coat a large nonstick skillet with cooking spray and place over medium heat. Add the chopped onion, green pepper, red pepper, and minced garlic to the hot pan.

Step 4

Sauté the vegetables for 3 to 5 minutes, stirring frequently, until they become tender and fragrant. The onions should turn translucent and the peppers should soften slightly but still retain some texture.

Step 5

Transfer the sautéed vegetable mixture to the soup pot with the chicken and beans. Add the chili powder, ground cumin, dried oregano, and cayenne pepper to taste. Stir everything together thoroughly to distribute the spices evenly throughout the chili.

Step 6

Reduce heat to medium-low and let the chili simmer uncovered for 10 minutes, stirring occasionally. This allows the flavors to meld together and the vegetables to become completely tender. Taste and adjust seasonings if needed, adding more chili powder for heat or cumin for earthiness.

Step 7

Ladle the hot chili into warmed bowls, portioning approximately 1.5 cups per serving. Top each bowl with 1 tablespoon of shredded reduced-fat Monterey Jack cheese and garnish with fresh chopped cilantro if desired. For optimal blood sugar control, consider serving with a side salad eaten first to further slow glucose absorption.

Step 8

Store leftover chili in an airtight container in the refrigerator for up to 4 days, or freeze in individual portions for up to 3 months. The flavors develop even more after a day, making this an excellent meal prep option for blood sugar-friendly lunches throughout the week. Reheat gently on the stovetop or in the microwave until heated through.