Freekeh Chili

3 Tbsp. canola oil
1½ c. diced onion
1 c. diced celery
1 red pepper, diced
1 jalapeño chile pepper,
    seeded and diced
3 cloves of garlic, minced
2 Tbsp. tomato paste
1-12 oz. bottle of your favorite beer
4 c. chicken or vegetable broth
1-28 oz. can diced tomatoes
2-14 oz. cans black beans,
    rinsed and drained

2 c. cracked freekeh
4 Tbsp. chili powder
1½ Tbsp. ground cumin
2 tsp. dried oregano
2 tsp. paprika
1 tsp. smoked paprika
½ tsp. cayenne pepper
2 tsp. apple cider vinegar
¾ c. chopped fresh cilantro
Salt, to taste
Pepper, to taste

Warm the oil in a large pot over medium heat. Sauté onions, celery, and peppers over medium heat for 5 minutes. Add garlic and tomato paste and sauté an additional 2 minutes.

Deglaze the pan: with the heat still under the pot, add a few tablespoons of beer; using a wooden utensil, scrape the stuck particles from the bottom of the pot. Add the rest of the beer along with broth, tomatoes, beans, freekeh, and spices; stir well. Reduce heat to low and simmer for about 1 hour or until chili begins to thicken.

Remove from heat, add vinegar and cilantro. Taste; add salt and pepper as needed.