

FREEKEH CHILI

Freekeh is chewy and filling in this vegan chili soup. Satisfying to everyone on a cold winter evening.

by Corporate Chef Kurt Kwiatkowski

Featured Food: Freekeh

Yield: Serves 10-12

Ingredients

3 T. canola oil	2 c. cracked freekeh
1 ½ c. diced onion	4 T. chili powder
1 c. diced celery	1 ½ T. ground cumin
1 red pepper, diced	2 t. dried oregano
1 jalapeño chile pepper, seeded and diced	2 t. paprika
3 cloves of garlic, minced	1 t. smoked paprika
2 T. tomato paste	½ t. cayenne pepper
1-12 oz. bottle of your favorite beer	2 t. apple cider vinegar
4 c. vegetable broth	¼ c. chopped fresh cilantro
1-28 oz. can diced tomatoes	Salt, to taste
2-14 oz. cans black beans, rinsed and drained	Pepper, to taste

Preparation

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.