**Freekeh Chili**

**Ingredients**
- 1 tablespoon grape seed oil
- 1 cup diced onion
- 2 tablespoons minced garlic
- 1 8-ounce package cracked freekeh
- 2 bell peppers, sliced
- 4-6 tablespoons mild chili powder
- 1 teaspoon toasted cumin seeds, ground
- 1 teaspoon toasted coriander seeds, ground
- 1 teaspoon smoked paprika
- 2 teaspoons Mexican oregano
- 1-6 teaspoons chili powder
- 1 14.5-ounce crushed tomatoes (no salt added)
- 1 14.5-ounce can diced tomato in juice (no salt added)
- 1-2 cups water or homemade vegetable stock
- 1 15-ounce black beans (no salt added), rinsed and drained OR 5 oz dried beans soaked overnight, drained
- fresh cracked pepper and salt to taste
- a few shakes of your favorite hot sauce or chili sauce
- cilantro or nutritional yeast to sprinkle on top (optional)

**Directions**
- Step One: In a pot combine oil, onion, and garlic (cook until onions begin to brown)
- Step Two: Add remaining ingredients in the pot and cook on low until beans and freekeh are tender (25 minutes for canned beans and 50 minutes for dried beans)
- Step 3: Season the chili with salt and pepper
- Step 4: Serve with chili sauce and/or nutritional yeast and/or cilantro sprinkled on top