



Smoked Vegetable Chili with Greenwheat Freekeh™

Yield: 24, 1½-cup servings

Ingredients

- 2 lbs. InHarvest Greenwheat Freekeh™
- 3 qts. vegetable stock
- 2 yellow onions, diced
- 2 fresh green chiles, Anaheim or Fresno, diced
- 2 yellow squash, diced
- 2 zucchinis, diced
- 2 c. shiitake mushrooms, stemmed and diced
- 6 garlic cloves, minced
- 2 T. canola oil
- 1 t. toasted cumin seed, ground
- 1 t. dried oregano
- 1 t. dried thyme leaves
- 2 T. ancho chile powder
- 2 t. kosher salt
- 1 t. black pepper
- 1 T. sugar
- 2 c. fire roasted diced tomatoes
- 1 c. fresh cilantro, minced

Directions

1. To prepare the chili, bring vegetable stock and bay leaf to a boil in a large heavy pot. Add InHarvest Greenwheat Freekeh, reduce heat to a simmer and cook covered for 25 minutes.
2. In a small bowl, blend together the cumin, oregano, thyme, chili powder, salt, pepper, and sugar and set aside. In a large bowl, toss together the onions, peppers, squash, zucchini, mushrooms and garlic with the canola oil and spice blend. In a smoker, smoke the vegetables for 30 minutes or until they just start to brown.
3. Remove smoked vegetables and add to the Greenwheat Freekeh pot along with the diced tomatoes. Stir and cook for another 30 minutes on low.
4. Stir in the cilantro just before serving.

Nutrition Facts

Per serving: 210 cal., 7 g pro., 40 g carb., 9 g fiber, 0 g fat (0 g sat. fat), 0 mg chol., 560 mg. sod., 7g. sugar