

GOAT STEW

INGREDIENTS

- Goat meat, 2-3 pounds
- Onion, 1 medium
- vegetable oil, 3 tablespoons
- curry powder, 2 tablespoons
- salt & pepper, 2 tastes
- thyme, 1 teaspoon
- bouillon cubes, 2
- garlic, 4 cloves
- ginger, thumb sized
- ketchup, ¼ cup

Directions

Step 1# Preheat your soup pot with oil in it over a medium high heat. While that is heating dice, onion, garlic, and ginger. Saute the onion, garlic, and ginger.

Step 2# Add goat meat and cook until browned. Add curry powder and cook a few minutes until fragrant.

Step 3# Add enough water to just cover the meat and 2 bouillon cubes. Stir in ketchup. Simmer for 3 - 4 hours uncovered, so sauce will thicken.

Step 4# If too thick add a little water with bouillon. Serve over cooked rice.