

## **Caribbean Goat Stew**

**From Simon Boers Chevron** an Idaho's Bounty Producer

2 lbs. goat meat, cut into chunks.  
Salt & pepper to taste  
2 sprigs fresh thyme  
2 sprigs parsley, chopped  
2 Tbs. curry powder  
4 Tbs. extra virgin olive oil  
2 Tbs. butter  
2 onions, chopped  
1 garlic clove, crushed  
1 pint beef (or chevon) stock  
3 large carrots, chopped  
4 potatoes, peeled & quartered  
2 tomatoes, diced



Season meat with salt and pepper.

Heat oil and butter in a deep, heavy pan. Braise meat until browned.

Add onions and garlic and sauté until translucent.

Add beef stock, thyme and curry.

Reduce heat to low and simmer for 1.5 hrs. in a covered pan (or use a slow-cooker and time accordingly).

Add carrots, potatoes, and tomatoes and simmer for 40 min. or till done.

Garnish with fresh parsley.

Enjoy!