

Slow-Cooker Chevon w/Indian Spices

This is an easy and delicious way to prepare chevon that will go well with rice, polenta, or other side. While basic stew meat will work great, I like to use a mix of stew meat (any cut of meat cut off the bone into small pieces) and meat on the bone, shoulder steaks, leg steaks. etc, to take advantage of the added flavor from the bone.

Ingredients:

- 2 lbs goat meat - on or off the bone (I prefer on)
- 1 red onion, chopped
- 1 yellow onion, chopped
- Fresh ginger (1-2") minced
- 3-5 cloves of garlic (depending on size and garlic preference)
- 1 good size bay leaf
- 2 tbs olive oil
- 1/2 tsp ground cloves
- 1/2 tsp ground cinnamon
- 1 tsp ground cardamom
- 1 1/2 tbs ground coriander
- 2 tsp ground cumin
- 2 tsp ground turmeric
- 1 tsp ground cayenne pepper
- 2 tsp ground paprika
- salt and pepper to taste
- 2 tomatoes, seeds removed and diced
- 1/2 cup chevon stock (can substitute with beef or chicken stock)

Directions:

Heat olive oil in skillet over medium high heat and brown meat. Add all ingredient to crock pot, stir gently to combine. Cook on high for 6 hours.