

Goat Stew

 Gluten Free

READY IN



260 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter ()
- 0.3 cup canola oil
- 2 large carrots diced
- 3 stalks celery chopped
- 2 cloves garlic chopped
- 2 pounds goat meat boneless cubed
- 2 medium onions roughly chopped
- 2 tablespoons parsley chopped

- 1 cup white wine
- 6 servings salt and pepper black freshly ground
- 0.5 scotch bonnet pepper seeded chopped (while handling, protect hands and eyes and avoid breathing in fumes)
- 6 ounce tomato paste canned
- 2 tomatoes chopped

Equipment

- bowl
- sauce pan
- pot
- slow cooker

Directions

- Combine onions, garlic, carrots, celery and pepper in a large bowl. Season the meat with salt and pepper, and toss meat with the vegetables. (Protect yourself from contact with Scotch Bonnet peppers.) Cover and marinate in the refrigerator for at least 2 hours, (the longer the better).
- Heat the oil and butter in a large saucepan, and add the meat/vegetable mixture, browning all sides of meats and cooking for a few minutes to integrate flavors.
- Add the tomato paste and stock, cover and reduce heat. Simmer until meat is fork tender, at least 1 1/2 to 2 hours, checking occasionally to make sure there is adequate liquid in the pot. (This recipe is also great cooked slowly in a crock pot.) Once the meat is tender, add the chopped tomato and parsley and serve.

Nutrition Facts



Properties

Glycemic Index:69.31, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:25.995652022569%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 370.96kcal (18.55%), Fat: 21.23g (32.66%), Saturated Fat: 6.46g (40.4%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 8.29g (3.01%), Sugar: 5.69g (6.32%), Cholesterol: 117.1mg (39.03%), Sodium: 467.38mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.9g (67.8%), Vitamin A: 4988.49IU (99.77%), Vitamin B3: 16.74mg (83.71%), Selenium: 49.09µg (70.13%), Vitamin B6: 1.32mg (65.91%), Vitamin K: 43.7µg (41.62%), Phosphorus: 365.35mg (36.53%), Potassium: 939.68mg (26.85%), Vitamin B5: 2.45mg (24.54%), Vitamin C: 18.07mg (21.91%), Vitamin E: 2.95mg (19.69%), Magnesium: 59.71mg (14.93%), Manganese: 0.26mg (12.83%), Vitamin B2: 0.22mg (12.67%), Vitamin B1: 0.17mg (11.63%), Fiber: 2.75g (11%), Folate: 37.16µg (9.29%), Zinc: 1.21mg (8.05%), Copper: 0.16mg (7.82%), Iron: 1.35mg (7.49%), Vitamin B12: 0.32µg (5.31%), Calcium: 52.13mg (5.21%), Vitamin D: 0.15µg (1.01%)