

Bill's Goat Stew

contributed by J. Zeringue

2 T. oil
2 lbs cubed goat meat
1 tsp. salt
1/2 tsp. garlic powder (or 2 cloves garlic, minced)
1/4 tsp. oregano
1/8 tsp. ground cumin
1 large onion, chopped
1 T. flour
1 10-oz. can Rotel tomatoes and green chiles (I used mild)
1 10-oz. can water

Brown meat in hot oil. Add salt, garlic, oregano, cumin, and onion. Cook until onion is soft.

Sprinkle flour over all and allow to brown, stirring constantly. Add tomatoes and water.

Simmer uncovered for an hour (or longer), stirring occasionally.

I added the juice from one lime at the end and served it with corn tortillas, chopped avocados with lime juice, and rice.

Serves 6.