

Liberian Holiday Soup

Adapted from several sources by Catherine Ellison

Serves 8-10

This tomato and goat soup is part of a traditional Liberian Christmas meal. It's excellent for meals when you want something light, or as a starter course.

Ingredients:

2 lbs goat meat, cut into 2" cubes
Hot Peppers to taste (I use 1-2 jalapeños)
2-4 cloves of garlic, minced or pressed
2 medium onions, sliced into rounds
2 quarts water
3 tomatoes
1 can (6 oz) tomato paste
Salt and pepper to taste

Cooking tools:

1 large saucepan with lid
Knife and cutting board
Garlic press (optional)

Mix the goat meat, hot peppers, onion, garlic, salt, and pepper together thoroughly. Let stand on counter for 1 hour.

Add water and boil at medium high heat, covered until meat starts to become tender (about 1 hour).

Add tomatoes and tomato paste. Remove cover and continue to simmer until meat becomes fork tender (about 1.5 hours).