Crock Pot Gluten Free Moroccan Goat Stew

Servings:

8-10

Units: US

Ingrediants

2 tablespoons butter
4 shallots, diced
1 medium sweet onion, diced
2 lbs goat meat, chunked
3 garlic cloves, minced
2 large heirloom tomatoes, chunked
1 cinnamon stick
2 ounces dried apricots, chopped
1 quart chicken soup (pho)
2 cups cooked brown rice

spice mixture

2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons ground ginger
3 teaspoons paprika
2 teaspoons turmeric
1 teaspoon chili powder
2 teaspoons sea salt
black pepper (3 grinds)
baby arugula, washed well
2 cups cubed roasted butternut squash

Directions:

1
Coat meat with well mixed spice mixture.
2
melt butter in skillet, cook onion, garlic and shallots until soft and transparent.
3
take half of onion mixure and half of meat and brown until edges are crispy over med high.
4
repeat with remaining meat and onion mixture.
5
place in crock pot while cooking the other half of meat and onion mixture.
6
place meat, tomatoes, cinnamon, apricots and pho in crock pot and cook on high until the meat is fork tender and falling off the bone.
7
after the meat is tender remove the cover, add the pre-cooked brown rice and cook for one half hour more to thicken.
8
top the stew with roasted squash and greens.