

Kid Goat Stew



Serves 4

- 4 lbs. kid goat meat
- 1.5 tablespoon salt
- 1/3 cup flour
- 2 large tomatoes, peeled & diced
- 1 large onion, sliced in rings and separated
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/8 cup vegetable oil (to brown meat)
- 3/8 cup vegetable oil (to brown flour)
- 4 cup cold tap water
- 1 whole green bell pepper, sliced
- 5 medium to large garlic cloves, pressed
- 3/4 teaspoon ground pepper

Cut meat into 1/2 inch cubes. In large Dutch oven heat 1/8 cup oil at medium high heat. Place meat and salt in heated oil and cook for about 60 minutes, stirring occasionally. Remove from heat and set aside. In large skillet heat 3/8 cup oil, add flour and brown well. Turn off heat and add water (1 cup at a time) to make gravy. Add vegetables and spices to meat and mix well. Simmer 25 to 35 minutes at medium heat until meat and vegetables are tender.

4 servings, 220 calories per serving, 180 calories from fat, 21 grams of fat, 1g of protein, cholesterol 105 mg, 4% iron, 2040mg of sodium

http://www.jackmauldin.com/cooking_with_goat.html



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Nutritional Benefits of Goat Meat

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Goat meat

Obesity, a growing problem in the United States (US), is a major risk factor for cardiovascular disease, which could be due to the consumption of the traditional red meats such as pork and beef. Goat meat has the potential to replace these traditionally consumed meats.

Goat meat is an important nutrient source. In the US, ethnic groups are mostly consuming goat meat. In Louisiana, a number of small farmers raise goats and consume the meat, milk and other products. Goat meat has a species-specific flavor and aroma.

- Goat meat is lower in calories, total fat, saturated fat and cholesterol than traditional meats.
- Goat meat is 50-65% lower in fat than similarly prepared beef.
- Goat meat has 42-59% less fat than lamb meat.
- Moisture and fat content are varied with the age of goat.
- Goat meat contains higher levels of Iron, Potassium, Thiamine, and lower levels of Sodium than beef.
- Goat meat is an excellent source of protein.
- Goat meat is a good source of Niacin, Vitamin B12 and Riboflavin
- Goat meat is high in Phosphorus, Copper and Selenium and a very good source of Zinc.
- Considering its high nutritional value and its greater unsaturated to saturated fatty acid ratio, goat meat has the potential to improve the health of susceptible populations without taking meat products out of their daily diet.

Nutrition Fact for Goat Meat,

Cooked, Roasted

Serving Size 85 g

Calories	122	
Calories from Fat	23	
	Amount per Serving	Daily Value %
Total Fat	3g	4%
Saturated Fat	1g	4%
Trans Fat	0g	0%
Cholesterol	64mg	21%
Sodium	73mg	3%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	23g	46%



Minerals and Vitamins in mg/Serving

Size (85 grams) Goat Muscle:

Ca	11
P	155.5
Mg	19.7
K	350
Na	64.48
Cu	0.3
Zn	3.51
Fe	4.37
Mn	0.087
Vitamin B ₁	0.1
Vitamin B ₂	0.56
Vitamin B ₃	3.6
Vitamin B ₁₂	2.8
Folic acid	4.5