



Goat Vegetable Soup

1 lb. goat stew meat
½ lb. goat shank
1 quart canned tomatoes (preferably home canned, garden grown)
1 quart water
1 (16 oz.) can of black beans
1 (16 oz.) can green beans
1 ½ cups chopped carrots
1 cup dry red wine
½ cup crumbled bacon
2 small yellow onions coarsely chopped
3 large celery stalks chopped
½ head of cabbage
1 small (6 oz.) can tomato paste
2 tbsp. fermented fish sauce
1 tbsp. minced garlic
1 tbsp. hot sauce
1 tsp. fresh ground black pepper
1 tbsp. beef base
1 tbsp. chicken base
½ tsp. thyme
½ tsp. ground bay leaf
½ tsp. dried parsley

Rub interior of crock pot with oil or fat of your choice (e.g., olive, vegetable, butter, margarine, or cooking spray). Put all ingredients into a 5 (or more) quart crock pot on high for 4 hours *or* 8 hours on low.

Serve with corn muffins, corn bread, fresh French bread, or biscuits.