



Goat Vegetable Soup

Ingredients:

- ◆ 1 lb. Longlane Farms goat stew meat [<https://longlanefarmsllc.com/store/ols/categories/stew>]
- ◆ 1-2 Longlane Farms goat shanks [<https://longlanefarmsllc.com/store/ols/categories/shanks>]
- ◆ 2-3 14 oz. cans *or* 1 quart of home canned tomatoes (*with canning liquids*)
- ◆ 1 quart water
- ◆ 1 (16 oz.) can of black beans (*with canning liquids*)
- ◆ 1 (16 oz.) can green beans (*with canning liquids*)
- ◆ 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. fish sauce or Maggi 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

Lightly grease crock pot. Put all ingredients into a 5 quart (*or larger*) crock pot on high for 4 hours *or* 8 hours on low.

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