Garlic Herb Goat Curry

Ingredients:

1. kg goat meat, cubed

2 tablespoon cooking oil

2 onions, chopped

4 cloves garlic, minced

1 tablespoon homemade garlic powder

1 tablespoon grated fresh ginger

2 tomatoes, diced

2 tablespoons tomato paste

1 tablespoon chopped fresh cilantro

1 teaspoon ground cumin

1 teaspoon ground coriander

0.5 teaspoon turmeric powder

2 cups water or beef broth

Salt and pepper to taste

1. Heat vegetable oil in a large pot over medium heat. Add chopped onions, minced garlic, grated ginger and homemade garlic powder. Cook until onions are soft and translucent.
2. Add cubed goat meat to the pot and brown on all sides.
3. Stir in diced tomatoes, tomato paste, chopped fresh cilantro, ground cumin, ground coriander, turmeric powder, salt and pepper. Cook for a few minutes to combine the flavours.
4. Pour in water or beef broth to over the meat. Bring to a simmer then cover and cook over low heat until the goat is tender about 1.5 to 2 hours.
5. Serve the garlic herb goat curry hot over rice, chapati or naan.