

African Goat Stew

African goat stew is a popular, lip-smacking delicacy in many Nigerian homes. It is made with simple ingredients and spices, and anyone can make it, no matter where they live!

Prep Time	Cook Time	Total Time
5 mins	1 hr 5 mins	1 hr 10 mins



5 from 12 votes

Course: Main Course Cuisine: African Diet: Gluten Free
Servings: 8 Calories: 190kcal Author: Tayo Oredola

Ingredients

For the goat meat

- 1.5 lbs goat meat
- 1 teaspoon bouillon powder
- 1 teaspoon black pepper
- ½ teaspoon salt

For the stew

- 3 plum tomatoes
- 1 red bell pepper
- 1 habanero pepper
- ½ onions chopped
- 1 teaspoon bouillon powder
- ½ teaspoon thyme
- ½ teaspoon curry
- ½ teaspoon salt or taste
- ½ teaspoon cayenne pepper optional
- ¼ cup olive oil

Instructions

To boil the goat meat

1. Wash and cut the goat meat (if not already cut).
1.5 lbs goat meat
2. Put them in a pot and add water, salt, bouillon, and black pepper.
1 teaspoon black pepper, ½ teaspoon salt, 1 teaspoon bouillon powder
3. Bring to a boil and simmer for 40-45 minutes till the goat meat is tender.
4. Take the meat out of the pot and reserve the stock for the stew.

To make the stew

1. Blend the tomatoes, bell pepper, habanero pepper with just a little water.
3 plum tomatoes, 1 red bell pepper, 1 habanero pepper

2. Saute onion in olive oil on medium heat.
½ onions, ¼ cup olive oil
3. Add the blended tomato and pepper mixture and add the curry, thyme and bouillon.
½ teaspoon thyme, ½ teaspoon curry, 1 teaspoon bouillon powder
4. Add cayenne pepper if you want more heat.
½ teaspoon cayenne pepper
5. Simmer for 10 minutes on medium heat.
6. Add the goat meat, stock and stir together.
1.5 lbs goat meat
7. Add a little more broth if needed, till it has enough of a stew-like consistency.
8. Taste for salt before adding any.
½ teaspoon salt or taste
9. Cover and let simmer for 10 minutes on medium-low heat.

Notes

- Only add cayenne pepper if you want it spicier. To cut down on the heat, use half habanero pepper.
- Use an instant pot to cook the goat meat faster before making the stew. Goat meat can be tough, so the instant pot would cook it much faster.
- For those who love fried goat meat, you can slightly fry or air fry your meat before cooking it in the stew.
- If your blended tomato purée is too watery, pour it into an empty pot and simmer for a few minutes to eliminate the excess water.
- Boiling the goat meat in advance, either earlier in the day or the night before, shortens the cooking time.

Nutrition

Calories: 190kcal | Carbohydrates: 3g | Protein: 22g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 1mg | Sodium: 307mg | Potassium: 134mg | Fiber: 1g | Sugar: 2g | Vitamin A: 724IU | Vitamin C: 25mg | Calcium: 9mg | Iron: 1mg