

Easy Pot Roast

Ingredients

5lb goat shoulder
2 cups water
1 large onion
2 cloves garlic
Worcestershire sauce
Salt
Pepper
5 medium potatoes

Method

1. Put goat meat into a roasting pot with water
2. Sprinkle well with salt, pepper and Worcestershire sauce
3. Add chopped onion and garlic
4. Cook on low heat for 5 hours
5. Add potatoes 1/2 hour before serving