Crock Pot Gluten Free Moroccan Goat Stew

Servings:   
  
8-10   
  
Units: US   
  
Ingrediants  
  
2 tablespoons butter   
4 shallots, diced   
1 medium sweet onion, diced   
2 lbs goat meat, chunked   
3 garlic cloves, minced   
2 large heirloom tomatoes, chunked   
1 cinnamon stick   
2 ounces dried apricots, chopped   
1 quart chicken soup (pho)   
2 cups cooked brown rice   
  
spice mixture   
  
2 teaspoons ground cumin   
2 teaspoons ground coriander   
2 teaspoons ground ginger   
3 teaspoons paprika   
2 teaspoons turmeric   
1 teaspoon chili powder   
2 teaspoons sea salt   
black pepper (3 grinds)   
baby arugula, washed well   
2 cups cubed roasted butternut squash   
  
Directions:   
  
1   
Coat meat with well mixed spice mixture.   
2   
melt butter in skillet, cook onion, garlic and shallots until soft and transparent.   
3   
take half of onion mixure and half of meat and brown until edges are crispy over med high.   
4   
repeat with remaining meat and onion mixture.   
5   
place in crock pot while cooking the other half of meat and onion mixture.   
6   
place meat, tomatoes, cinnamon, apricots and pho in crock pot and cook on high until the meat is fork tender and falling off the bone.   
7   
after the meat is tender remove the cover, add the pre-cooked brown rice and cook for one half hour more to thicken.   
8   
top the stew with roasted squash and greens.