



# Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



## Goat Curry in a Hurry

Nonna Snowden recommends you visit her at [www.nonnasnowdencooks.com](http://www.nonnasnowdencooks.com) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. Nonna wanted to make something for her Zombie Acapocalypse series and concluded Goat would most likely be around when the zombies took over the world. However, what to do with it? Nonna scoured the interwebs and found [www.MyHeartBeets.com](http://www.MyHeartBeets.com). She choose the Goat Curry in a Hurry Instant Pot recipe. This recipe was everything it purported to be....easy, delicious, and quick! Nonna and Nono loved it as did Nonna's office co-horts! She highly recommends you give it a try.

The written recipe (taken directly from [www.MyHeartBeets.com](http://www.MyHeartBeets.com) website) is below.

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).



# goat curry in a hurry (instant pot recipe)



4.8 from 20 reviews



## INGREDIENTS

- 2 tablespoons oil of choice (I like [avocado oil](#))
- 2 pounds bone-in goat (or lamb) pieces (shoulder or leg)
- 2 onions, diced
- 1 ½ inch knob fresh ginger, minced
- 3 cloves garlic, minced

## SPICES

- 4 [whole cloves](#)
- 4 [cardamom pods](#)
- 1 bay leaf
- 1 tablespoon [coriander powder](#)
- 2 teaspoons salt, adjust to taste
- 1 teaspoon [ground cumin](#)
- 1 teaspoon [garam masala](#)
- 1 teaspoon [paprika](#)
- 1 teaspoon [turmeric](#)

¼ – ½ teaspoon cayenne, adjust to taste

2 (14 ounce) cans organic [diced tomatoes](#)

½ cup water

½ pound potatoes (leave whole), optional

#### INSTRUCTIONS

- 1 Press the sauté button on the Instant Pot, and add the oil and goat meat to the pot. Once the outside of the meat begins to brown, add the onion, garlic, ginger and spices. Stir-fry for 2-3 minutes.
- 2 Pour in the diced tomatoes, water and potatoes if using.
- 3 Secure the lid, close the pressure valve and cook for 45 minutes at high pressure.
- 4 Allow the pressure to release naturally.
- 5 If you'd like for the dish to have a thicker consistency, press the sauté button to reduce or boil off extra liquid.

### DID YOU MAKE THIS RECIPE?

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