DUTCH · LUNCH · DINNER

Erwtensoep (Dutch Split Pea Soup with Smoked Sausage)

Erwtensoep

60 min · Serves 6 · 469 kcal a serve · Video 6:42 in Dutch · Allerhande

Gluten-free ingredients · Dairy-free · Nut-free

Split peas, celeriac and pork give 14 g of fibre and 28 g of protein a bowl, with about 29 g net carbs and no flour or potato.

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Ingredients 9 · SERVES 6

- [ ] 1.5 litres **water**
- [ ] 300 g **dried green split peas** (spliterwten)
- [ ] 1 **dried bay leaf**
- [ ] 1 tbsp **salt**
- [ ] 2 **pork shoulder chops** (schouderkarbonades, about 360 g with bone)
- [ ] 1 **celeriac** (about 750 g), peeled and cut into 1 cm dice
- [ ] 2 **thin leeks**, sliced into 1 cm half-rings
- [ ] 25 g **fresh celery leaves** (bladselderij), finely chopped
- [ ] 1 **Dutch smoked sausage** (Veluwse fijne rookworst, about 275 g)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the water, split peas, bay leaf, salt and the pork chops in a soup pot, bring to the boil and simmer gently with the lid on for about 20 minutes. 0:18
2. Meanwhile cut the knobbly base off the celeriac, peel it, cut it into 1 cm slices, then sticks, then dice. Rinse the dice well under the tap and drain. 0:55
3. Trim the leeks, halve them lengthways and rinse out any sand between the layers, then slice into 1 cm half-rings. 2:10
4. Pick the celery leaves (skip the thick stalks) and chop them finely. 3:20
5. Lift out the chops, cut the meat off the bone and into small cubes. 3:55
6. Stir the celeriac, leek, pork and three-quarters of the celery leaves into the soup. Lay the whole smoked sausage in the pot and simmer gently for 20 minutes, stirring often, until the vegetables are tender and the peas fall apart. 4:38
7. Lift out the sausage, slice it and return it to the pot for a final minute. Thin with a little hot water if you like, and serve sprinkled with the remaining celery leaves. 5:28

> **Tip** Serves about 6 as a main (our estimate; the video doesn't say). Even better the next day; keeps 4 days in the fridge. The salt is the cook's; with the sausage it is quite salty, so add less and taste. Traditionally served with rye bread.

The method is a summary in our words, in English — the video (in Dutch) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
469 kcal	28 g	43 g	14 g	21 g	1,650 mg
1,960 kJ	56% of a day	29 g net · 7.2 g sugars	50% of a day	7.4 g saturated	72% of a day
		16% of a day		27% of a day	

Energy from net carbs 28% · protein 27% · fat 45%

High in (20%+ of a day) Vitamin B12 41% · Zinc 37% · Selenium 37% · Folate 32% · Vitamin B6 26% · Iron 23% · Vitamin K 23% · Potassium 21% · Magnesium 21%

Source of (10–19%) Omega-3 13% · Vitamin C 10%

⚠ One serve has about 72% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Allerhande (@allerhande) on YouTube — youtube.com/watch?v=BZIJBQinyHg, published 13 October 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/erwtensoep-dutch-split-pea-soup