



UNIT 11 / Sweden

Vegetarian Pea Soup

Ingredients

(4 servings)

- 4 deciliters dried yellow peas
- 1,5 liter water
- 2 onions, finely chopped
- 2 vegetable stock cubes
- 1 teaspoon salt
- 1 teaspoon dried marjoram
- 1 teaspoon dried thyme

Accessories

- Mustad
- Thyme

Notes

- If the soup is too thick, add water. If too thin, use a ladle to crush the peas and let simmer.

Directions

- **Step 1** - Wash the peas and put them in a bowl. Add cold water until covered and let sit for at least 12 hours.
- **Step 2** - Pour off the water, add fresh water, salt and the peas to a large pot and let come to a boil.
- **Step 3** - Peel and finely chop the onion. Add the onion, thyme, marjoram and the vegetable stock cubes to the pot. Stir regularly so it does not burn in the bottom. Let the soup boil until the peas are soft, 60-75 minutes.
- **Step 4** - Skim off the surface and use a balloon beater to remove the pea shells
- **Step 5** - Season with salt, pepper and thyme to taste. Serve with mustard and thyme.





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