

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



SKINNY PIZZA DOUGH BRIE

On Friday night, you guys know how I love my skinny pizza dough, but I had barely any left, and the week got away from me and I didn't have a back up. I KNOW! That hardly ever happens.

But what did I have? A little bit of this and a little bit of that and made myself a mini charcuterie board for one.

The star of the show was the Supreme mini brie bites. OMG, so cute! I just used one ounce of skinny pizza dough and wrapped the mini brie bite in the dough, sprayed with avocado oil spray and air fried for 8 minutes at 360. I placed the baked brie on parchment paper. Remove after the first 8 minutes, then finish at 400 for 4 minutes. I'll get a better photo later, but holy balls this was delish. I melted a teaspoon of sugar free raspberry preserves and drizzled that over the top. Four points on all WW programs, or 114 calories for each mini baked brie.

I have a discount code for Supreme cheese! Biz15 gets you 15% off your order of \$30 or more. Get the brie bites - so good! The discount code is good through December 31.



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QUICK TOMATO SOUP

One of the mantras I had at the beginning of 2020 was "waste less." I thought I was wasting so much food because with my groceries and Hannah and Jacob's groceries intermingled and stuff getting pushed to the back. Um, turns out that still happens to me and I live alone!

When I cleaned out my fridge yesterday I had six small tomatoes (that I bought for a photo shoot and never used) and about two cups of pasta sauce.

Tomato soup! This is so easy, throw everything in a stock pot, simmer for 45 minutes and puree with a stick blender.

Garnish with some Parmesan cheese and parsley.

- 6 small tomatoes, quartered
- 6 cloves garlic
- 3 ounces tomato paste
- 2 cups pasta sauce
- 4 cups chicken broth
- 2 large carrots
- 1/2 teaspoon pepper
- pinch of salt*
- 1 tablespoon Italian seasoning
- 1/2 teaspoon crushed red pepper

Put everything in a stock pot. Simmer 45 minutes. If you don't have a stick blender (ask for one for the holidays - they are under \$20!) you can carefully add the soup to a blender and blend.

*since there is salt in the broth, taste and salt after it's cooked so it doesn't get too salty.



I am a WW rebel and don't count points for this soup other than the Parmesan cheese. 😊

I just posted my brined turkey breast recipe! So good. You need four days before Thanksgiving to prepare it - mostly for defrosting. [Check out that recipe here.](#)



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Life

The painters. Oh my Lerd.

I think of myself as a very patient person. But I signed the contract for the painters to paint the back room (my future office/kitchen studio) on October 2. I've been postponed THREE times, and have been told that this Thursday they will finally be able to fit me into their schedule. My only saving grace is they are giving me a discount.

And then I stop and think of all the things that are going on in the world, and it's not a big deal in the whole grand scheme of things.

You know I've contemplated getting a dog, but I decided I am just going to have my grandpups over for a sleepover. I had them from Saturday afternoon until Sunday afternoon and it was great having them in the house again. But I love not having the responsibility of having a dog all time.



And remember when it was in the 70's last week? Well, it's back to wood burning stove weather, and I am here for it.

Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz



Hannah and I are in the home stretch of finishing the cookbook! I am so excited. Aime, our proofreader did an amazing job. We hope to finish up her edits in the next few days, and send it to the printer one more time for any final changes. I hope that my hype doesn't give you false hopes, but I think you guys will love it.