

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



11 POUNDS DOWN!

On Saturday I hit 11 pounds lost since hitting the reset button in mid-June. Like most of us, the first couple months of quarantine had us close to our kitchens, and I somehow treated my kitchen like it was a 24-hour diner!

Mindset is the key more than the food. I had to stop trying to work the WW system to let me eat the double cheeseburgers and fries and still get to my goal weight.

Key to me is treating the weekends like the weekdays. So many weeks, months, years I'd erase all my hard work in the week, just to eat and drink like an asshole on the weekends.

And I brought back a bit of meal prepping for the week. It's easier now that I work from home to cook at lunch, but this weekend I did my own rotisserie chicken in the air fryer. I'll post my directions below. Could not be easier and now I have chicken at the ready for wraps or to add to soups.

And don't forget to prep your potatoes! I bake off three potatoes for myself for the week for quick hash browns, pan fried potatoes, or for a chili stuffed potato for a quick lunch.



WHAT'S INSIDE THIS ISSUE:

Sweet Potato Soup - 2
Life and Air Fried
Chicken - 3

SWEET POTATO AND APPLE SOUP

Last week I did zero meal prepping because I knew I had enough food to get me through the week.

As I was going through my pantry/fridge/freezer I discovered I had a bag of peeled and diced sweet potatoes that got buried in the back of my fridge and needed to be used up, a honeycrisp apple and a jalapeno. Of course I made soup!

This is thick, rich, delicious with just enough spiciness to balance the sweetness of the sweet potato and apple. The only "cream" is 1/2 cup of unsweetened almond milk.

This makes 4 servings of 1.5 cups each.

- 1 tsp. avocado oil
- 2 large carrots, roughly chopped
- 4 cups chicken broth (you can use veggie)
- 16 ounce bag sweet potatoes
- 1/2 jalapeno
- 1 large honeycrisp apple. cored and diced
- 1 tablespoon Italian seasoning
- 1/2 cup unsweetened almond milk
- 1 teaspoon rice wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- garnish with bacon bits, sliced jalapeno and parsley

Heat the avocado oil in a large stock pot. Add the carrots, apple, sweet potatoes, jalapeno and saute for 10 minutes. Add the chicken broth, Italian seasoning, vinegar, salt and pepper, put a lid on on simmer for 20 minutes, or until the veggies are fork tender.

Remove from heat. Add in the almond milk and puree with a stick blender. Garnish with the bacon bits, jalapeno slices and parsley.



Each serving is 1 point on #teampurple and 3 points on #teambblue and #teamgreen

188 calories, 2.3 fat, 35 carbs, 6 fiber and 7 protein

if you love soup, check out my recipe for [black bean tortilla soup](#) - that is only 1 point on #teampurple too!



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Life

This is going to be a busy week! My brother and his family are coming into town for my Mom's 80th birthday on Wednesday.

My step-son turns 31 years old today - Happy Birthday Joe! I met him the summer before he turned 11. I am so proud of you, and I know your Dad would be proud too.

My late husband would have turned 60 years old on September 22. I can't believe he will be gone six years already, but that was one of the reasons why to do #dryseptember - not to bury the feels with wine.

I plan on working from home a couple days and moving my office to my Mom's and hopefully only working 1/2 days - we shall see!

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



I did my own rotisserie chicken because whole chickens were .88 a pound this week.

Don't forget to use your air fryer like a mini oven! To make this chicken I washed and dried it, then took 2 teaspoons of soft butter under each side under the skin of the breast side, then rubbed the remaining butter on my hands around the whole bird, then just added salt and pepper.

Air fry at 360 for 30 minutes, skin side down, then flip, and cook an additional 25-30 minutes, or until it reaches an internal temperature of 165 degrees. Let cool completely and store in the fridge for tacos, soup - whatever!