

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## HAPPY BIRTHDAY HANNAH!

If you are new here - welcome! I have a cookbook that recently came out. You can download a copy, you can enter this into your browser:

<https://gumroad.com/mybizzykitchen>

We thank you for your support!

\*\*\*\*\*

I literally cannot believe my daughter turned 29 yesterday! I remember when she was born, my sister and I looked at her and wondered, "I wonder what she will be like when she is three?!" And now she's a year away from being 30!

I am so proud of the woman she has become. She is kind, loving, spirited, boss babe and organizational queen! She literally makes every day brighter.

She and Jacob are making their house a home, and every time I go over there it makes me happy to see them so happy. We were just talking over the weekend about how we are all lucky that we are still employed and able to pay our bills and have food on our table during this pandemic, when so many people are struggling.

It's a life lesson to be thankful for everything you have each and every day.



## WHAT'S INSIDE THIS ISSUE:

BBQ PORK with salt and vinegar greens- 2  
Life - 3

## BBQ PORK WITH SALT AND VINEGAR GREENS

Last week I bought a package of thin bone in pork chops from the meat bin - nearly three pounds of pork for \$3 - score!

I decided to make chopped bbq pork sandwiches in the Instant Pot. I am still learning to use it, and every time I use it I love it a bit more. Here is the thing though, it's not instant, it does cook food a bit faster. These pork chops only took 5 minutes after I sauteed them, so these sandwiches were literally ready in less than 20 minutes.

For 6-8 sandwiches:

- 3 pounds bone in pork chops
- 1 cup beef broth
- salt and pepper
- avocado oil (about a teaspoon)
- 3 tablespoons bbq sauce

Heat your instant pot to saute. Add the oil. Salt and pepper the pork chops and sear the chops for 2 minutes a side, set aside until all the chops are seared. Add them back into the instant pot, pour in the beef broth and cook on high pressure for five minutes.

Once the pressure releases, remove pork chops and let cool slightly then chop. Add to a bowl. Strain 1/2 a cup of the beef broth into the pork, then add the bbq sauce and stir until combined. Four ounces of pork is 3 points on all WW plans, you just have to add the points for your bun of choice - mine was 4 points.

For the salt and vinegar greens: 2 cups mixed greens tossed with 1 teaspoon red wine vinegar and a pinch of salt.

These sandwiches were so delicious. I know that chicken breast is a "free" protein on #teampurple and #teambblue, but don't give pork the stink eye - it's still low in WW points!



My late husband and I loved Rudy's BBQ sauce and the first time we visited Austin we brought some back. Below is my copycat version that tastes just like it! You can [check out that recipe here](#).



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

# LIFE

The weather is starting to feel like spring and I am here for it. That in and of itself is making me feel so much better.

As I have been updating my blog to make it more user friendly for you guys, I can't tell you how many posts I came across that talked about weigh ins, or getting back on track. Its gross.

I seem to be on the hamster wheel and I need to get off. I just need to do better each day. Not everything at once, just doing better. Drinking more water. Moving more.

I got news that a former coworker had a brain aneurysm last November the night before her 58th birthday. She was in the ICU for months and just released to a long term care facility, only to contract COVID. She is better now and last week she stood up for the first time in months.

So why do I procrastinate moving and feeding my body better now, so that I can have a better life in my early 60's, 70's and beyond!

I am starting a hashtag #dobetterwithbiz to keep us motivated. I love this community and we all know what we SHOULD do, it's just keeping up with the consistency, which will eventually get us to our goals.

That's exactly how I did it in 1999 to lose 70 pounds, so I know I can do it again. I just hope a year from now I am not writing the same sentence, ya know?

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



## PHOTOS ON THIS PAGE:

**I GOT A NEW IPHONE - LOVE THE LOW LIGHT PHOTOGRAPHY**

**RECIPE FOR MY DETROIT STYLE SKINNY PIZZA CAN BE FOUND HERE**

**CONSISTENT BIZ CIRCA 7 YEARS AGO!**

