

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



GROUNDHOG DAY

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 think I've finally figured out why I've been feeling out of sorts. It's because literally every day is groundhog day! Yes, I am doing what I love, but I don't have anything in between if that makes sense?

When I worked in the city, I went out to eat, met up with friends for happy hour and then when I came home I loved my alone time. But obviously it's been alone time for a long time now, and just reframing that in my head is making me feel so much better.

I also got quite a bit of mean messages on IG and that brought me down a bit, but then I realized those people must have nothing going on in their life if they have time to type hurtful things and walk away. I was very proud of myself though and went on a long walk instead of eating a deep dish pizza by myself! Non Scale Victory!

That was the topic of last week's WW meeting. I was down 1.6 this last week,.



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BEEF BOLOGNESE

My last Butcher Box that I ordered was all beef and I am not mad about that. It seems to be my go to protein when I order from them, although my next box will be a combo of pork, beef and chicken. If you sign up before March 2, you get two pounds of ground beef for life! [Sign up here if you like.](#)

Butcher Box beef is 100% grass fed and grass finished, which is hard to find in regular grocery stores where I live. The quality of meat is second to none - their New York strip steaks are equivalent to what I would find in a restaurant.

I love making bolognese because it can use up veggies that you never got around to eating during the week. This one has carrots, celery, red pepper and mushrooms. Best part is that I only used 8 ounces of beef for the whole pot, making this just 2 WW points per 1/2 cup of sauce on all WW plans.

Ingredients:

- 8 ounces Butcher Box ground beef
- 1/2 cup diced red pepper
- 2 carrots, diced
- 2 stalks celery, diced
- 2 tablespoons garlic, minced
- 1/2 cup mushrooms
- 14 ounce can diced tomatoes
- 14 ounce can water
- 2 teaspoons beef broth base (powdered)
- 2 tablespoons tomato paste
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- salt and pepper
- pinch of crushed red pepper

In a stock pot, cook beef for 3-4 minutes over medium heat. It won't be cooked through at this point, but drain any fat and remove from pan and set aside. Add remaining ingredients and simmer for 30 minutes. Using a stick blender or blender, puree the sauce. Stir in the beef and



Since I am on #teampurple on WW, that skillet above was only 4 points - 2 for the sauce and 2 for the 14 grams of cheese.

So good! [You can check out my zero point marinara recipe here.](#)



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LIFE

On Friday night my son in law's Mom, Val, had to put her dog down. He was a gentle giant. A pit bull that was the sweetest dog I've ever known. He was probably over 80 pounds but loved to sit on your lap like a puppy. He was in Val's life for 11 years, but he had cancer and she didn't want to put him through surgery or chemo. So sad.

I'll be posting my bunny cake later this month for a brand for Easter. I am not much of a baker, but I made a cake mix from scratch and was able to put this bunny together from two nine inch cakes. Even though it kind of looks like a fifth grader made it, I am happy it turned out. Stay tuned for that.

Last week I talked about this new oil that I found and I am finding I use it just about every day, Super-Fuzed oil. It's just so flavorful and a little goes a long way. The 16 ounce jar is huge, but I literally use 1-2 teaspoons at a time so it will last for a while. It's only 1 WW point per oil and will wake up any dish. My discount code is: 12MYBIZZYKIT - the Amazon link must be used, not their website to get that discount if you wanted to check it out.

I plan on making plans, even during the pandemic, to get out and do more things, even if that means driving to a different nature path to get a change of scenery. My friend Morgan is vaccinated and we plan on doing a cooking show together in a couple weeks - making Marion's Kitchen dishes - cannot wait for that!

So if you are in a winter funk, switch things up a bit so you aren't doing the same thing every day - that may just be what you need. ☐

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



PHOTOS ON THIS PAGE:

DIESEL - RIP ♥

MY BUNNY CAKE!

SUPER-FUZED OIL - SO GOOD!

