

# MY BIZZY KITCHEN



The Official Newsletter of My Bizzy Kitchen



## FORWARD

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!

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Last week I had the opportunity to check out Forward. If you've not heard of it, it's a way of getting people into a doctor BEFORE you are sick to get a baseline of your health. My GP retired this past spring and no one in his practice is taking on new patients. Awesome. So I decided to try Forward.

The only Chicago location is on Michigan Avenue so I drove down. The process was so easy - just walk in, sign up and they did a full body scan and blood draw. Within about 15 minutes all of my data was on a giant computer screen and guess what? My numbers were great! I purposely had my blood sugar a bit high because you had to fast, so my fasting blood sugar was 158, and my blood pressure was a bit high so we will monitor that. But my cholesterol, triglycerides, LDL and HDL levels were all great! I am just overweight - ha! I have an appointment with their nutritionist in August. It costs \$99 a month and there is a six month commitment before going month to month and then you can cancel at any time.



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## SPICY BLACK BEAN SOUP

I opened a giant can of black bean soups for one of our cooking classes and when cleaning the fridge decided to make a spicy black bean soup.

I love having dried chilies in my pantry. Ancho chiles are my favorite, you just need to rehydrate them in hot water. I made this in the instant pot, but you could do it on top of your stove too.

### Ingredients

3 ancho chiles\*  
2 cups hot water  
4 cloves garlic  
3 large carrots, diced  
4 cups chicken broth  
1 can tomato paste (6 ounces)  
2 cans black beans, rinsed and drained

### Instructions

Soak the ancho chiles in the two cups hot water for five minutes. Remove stem and seeds. Add the chile water, chiles and remaining ingredients in a large stock pot, and simmer over medium heat for 20-25 minutes (covered) or until veggies are fork tender.

Puree with a stick blender or Vitamix until smooth. Garnish with crispy corn tortilla strips, radish, greek yogurt.

### Notes

Dried chilis vary with spice level, so soak all three and start with one and add additional chilies until you get your desired spice level.

On #teampurple and #teambblue the whole pot is ZERO points. On #teamgreen it's 2 points per cup or 3 points for two cups.

If you count calories or macros, each cup is 67 calories, 1 fat, 10 carbs, 2.6 fiber and 4.8 protein



To make in instant pot: saute the garlic for 7 minutes, stirring. Add in remaining ingredients (start with one chili) and cook on high pressure for 30 minutes. Puree in blender.

Have you guys tried my black bean dip?? So good! [You can check that out here.](#)



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# LIFE

Today marks the second year of my newsletter! I took last week off since my Mom was staying with me a few days - it's always nice having her over.

Hannah and Jacob hosted 4th of July. My mom tripped in my driveway, but other than a black eye (which looks so much better today!) she's back to her busy self.

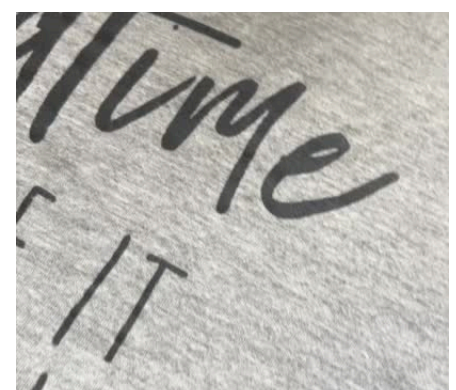
When I went to Chicago last week, I think it's only the fourth time I've been downtown. So many tourists and people and it was good for my soul. I walked everywhere and finished my day with over 17,000 steps - it wasn't unusual for my sister and I to get 10k steps by lunch time when we worked downtown.

My stepson Joe and his wife Liz were in town visiting and I was so happy to have them over for dinner when my Mom was here. It's so crazy that I met my stepson when he was nearly 11 years old and now he will be 32 years old this September. I know his Dad would be so proud of him and I am! I am proud of all my kids: Hannah, Joe, Liz and Jacob - love you!

I am still going strong with #dryjuly - I think only one other person is still doing it with me, but I found out yesterday that she only drinks around the holiday's at Christmas time 😊. I am also at 41 days of tracking every day in my Loselt app - and honestly tracking too! I used to never count wine, because those are God's grapes and those should never have calories or points. 😊

I can't believe we are nearly in the middle of July already - hope you have an amazing week!

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



**CLOUD GATE (AKA THE BEAN)  
BRANCH BASICS TEST  
STAIN GONE!**

## MY BIZZY KITCHEN DISCOUNT CODES JUNE

**Branch Basics** is my new obsession! If you've followed me for a while, you'll know that Hannah is the clean freak of the family. Well, not that she's been gone I am left to my own devices. I recently got their premium starter kit and I think I am set on cleaning products for a full year! Best part is that the smell is super clean. Check out the video above on a stained shirt that had been dried dozens of times and it still came out! [Use this link](#) to save 15% off any starter kit (other than the travel size).



**GoHydrate** - IS BACK IN STOCK! Bizzy is the code to save you 10% - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order.](#)

**Petal Sparkling Botanical** is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! [Use code Biz to save 20%](#). They are now in Mariano's too!

**ZeroCarbLyfe** - chicken crusted pizza! I know it sounds weird but this is delicious. A pizza crust made from chicken, oil and spices that is 2-3 points for the whole thing on WW. [Use code Biz to save 15%](#). My discount code brings it down to about \$8 a crust and comes frozen. I have a ZeroCarb highlight on my IG to show you how I get a crisp crust.

**Super-Fuzed** oil is back! Use my discount code 12BIZZYOIL to get 12% off. This is the most flavorful seasoned oil and I literally use a teaspoon at a time. Great on eggs, drizzled over popcorn, tossed in grilled veggies - so good! [Use this link via Amazon.](#) New flavors poblano chili oil and shallot are now available and delicious!

**Safe + Fair** has plant based protein powders for kids. They taste amazing and come in Chocolate Cupcake and Vanilla Ice Cream Flavor. #vegan #glutenfree - [Code Biz20 gets 20% off sitewide!](#) If you haven't tried their sea salt bagged popcorn, throw that in your basket and thank me later - it's literally the best bagged popcorn I've ever had. [You can check it out here.](#)

## nutreat!

Nutreat is my new favorite treat. I used to be team salty all the way, but when I want a sweet treat, I reach for NuTreat. It is line of low glycemic, fiber-rich puddings that have been clinically proven to keep your blood sugars in check while helping your gut health. And they are delicious! [Click this link to try them and get free shipping using code: mybizzykitchen](#)



# cooking classes!

Classes are \$20 a class, or for more bang for your buck, you can become a subscriber for \$40 a month to join all four classes, for a 50% savings.

The July schedule is up! [You can sign up using this link.](#)


**July 14 at 6:00 p.m. CST** - Brinner! Hannah and I love breakfast for dinner - homemade chicken sausage and biscuits and blueberry buttermilk pancakes with lemon curd

**July 21 at 6:00 p.m. CST** - Soups! My favorites: cherry tomato soup, corn chowder with shrimp and lemon orzo soup.

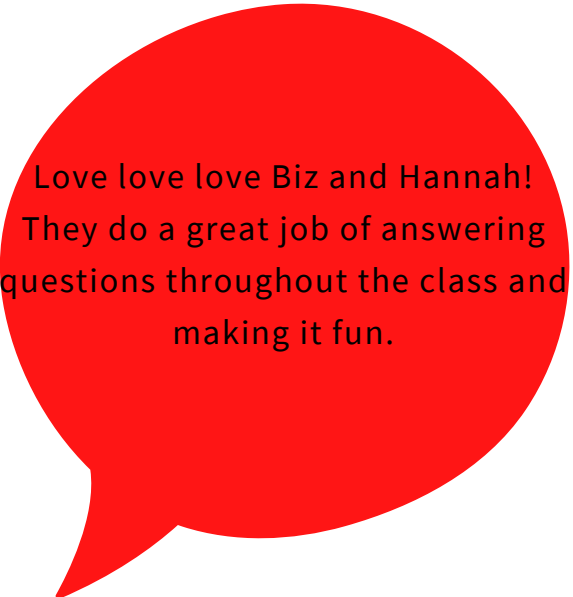
**July 25 at Noon CST** - Farmers Market! Cauliflower buffalo bites, air fried radishes and a blueberry rhubarb galette with skinny pizza dough.

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have 81 five star reviews!


Hugs, Biz and Hannah



These classes are so much fun. There are always so many tips too! Definitely recommend these classes!



Love love love Biz and Hannah! They do a great job of answering questions throughout the class and making it fun.



Fun hosts. Fun food.  
Fun fans. Fun tips.  
Enjoyable!