

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



35TH HIGH SCHOOL REUNION!

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 am not sure how it is even possible that I graduated 35 years ago. Some days I still feel like I am in my 30s! But that would be weird since Hannah is 29 - ha!

My high school field hockey friend let me crash at her house and it was a fun night. We grabbed dinner at Autre Monde. If you live in the Western Suburbs of Chicago, you need to try out this restaurant. Our friend Jacky knows the owners and suggested we get the pork belly with chimichurri - so good!

We then went to the reunion - as ironic as it is, our reunion was at the same restaurant that my husband and I met for the first time 21 years ago. We had talked on the phone about a week before our first date - this was way before Facetime, and he said that the sun was shining behind me when I walked in, and he wasn't really able to see my face until I was like a foot away from him. I remember he said "you are so beautiful!" #swoon

We partied like we were in high school - didn't go to bed until 2:30 in the morning but it was such a fun time. If you haven't gone to a high school reunion, I highly suggest it.



WHAT'S INSIDE THIS ISSUE:

- Creamy Stovetop Refried Beans - 2
- Life - 3 and 4
- September Discount Codes - 5
- Cooking Class! - 6

CREAMY STOVETOP REFRIED BEANS

I decided to not provide another delicata squash recipe for a few days, otherwise people will think that I only recipe develop with delicata squash!

Next time you have taco Tuesday, make a side of my stovetop refried beans. So easy, delicious and cheap! Perfect to put together on the weekend to use throughout the week.

They are good for at least a week. Not sure how these would freeze?

Creamy Stovetop Refried Beans

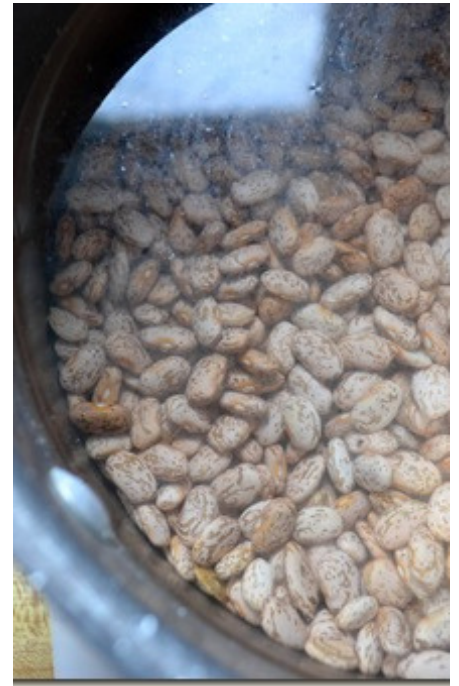
- Makes 10, 1/2 cup servings: 135 calories, 6 fat, 15 carbs, 4.5 fiber, 4.8 protein and 291 sodium

Ingredients:

- 2 1/2 cups dried pinto beans
- water (I'll explain below)
- 2 tablespoons minced garlic
- 2 tablespoons red pepper flakes (this were on the spicy side, adjust as needed)
- 1 tablespoon paprika
- 1 teaspoon cayenne pepper
- 1/4 cup hot sauce of choice
- 1 teaspoon ground cumin
- salt to taste

Rinse the beans well. Put in a pot and cover with enough water so that there is 3-4 inches of water above the dried beans. Cook with a lid on, medium low heat for 2 1/2 hours, checking periodically to make sure the beans aren't sticking and there is still enough water covering the beans.

At this point, I just took it off the heat and let it sit until cool. Drain the beans, reserving the liquid, then put in the food processor. Add the garlic, red pepper flakes, paprika, cayenne pepper, cumin, and hot sauce and start to puree. Add enough of the cooking liquid until desired texture – I love creamy refried beans, so I added 2 cups of the liquid. Season with salt to taste. Zero points on purple - 3 points on blue and green.



Looking for more Taco Tuesday Recipes? [Check out my Birria Tacos!](#)



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LIFE

My Momma turned 81 last week! My sister and I met her for lunch and we went thrifting. It felt a little how hum of a birthday after her 80th last year, but I hope she had a good time. We also met for lunch yesterday with Hannah, Jacob and jenn's family so that was nice!

I got the kung pao shrimp and I need to recreate that dish at home - it was so good!

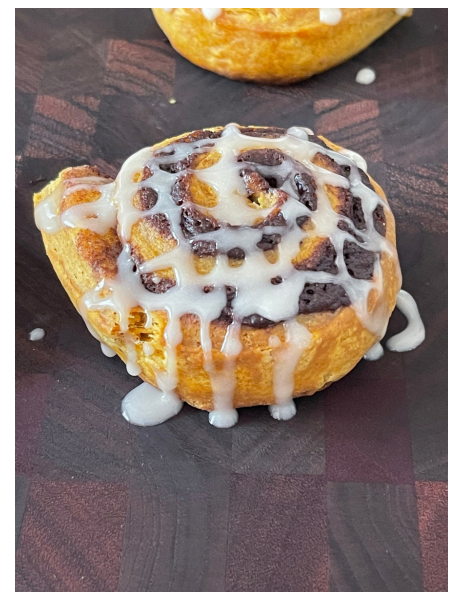
The question of the night at my reunion was "where is your sister?!" She decided not to go and then they would ask "why not?" I guess my answer wasn't good enough!

Side note: there were 10 sets of twins in my high school graduating class - not all identical, but still that's really weird out of a graduating class of 1000 kids. In 100 kids in our junior high graduation, we had 4!

I lost 4.6 this week! I know most of that is water weight, but it's nice to see the scale move - .2 away from the next decade! I need to get my shit together before the holidays kick in (how many years have I been saying that?!)

I've also been doing Grow with Jo workouts on YouTube and absolutely love them!! Some are 15-20 minutes, some are longer, but you don't need any equipment but yourself which I love.

This weekend I am traveling to cheer on my cousins husband who is doing an Ironman Triathlon! Maybe being a spectator will bring my inner athlete back - who knows?



PHOTOS:

KUNG PAO SHRIMP FROM P.F. CHANG'S

ME AND MY FRIEND MEGAN - THANKS FOR A FUN NIGHT!

WILDGRAIN PUMPKIN CINNAMON MUFFINS - INFO

BELOW!



MY BIZZY KITCHEN DISCOUNT CODES SEPTEMBER

Wildgrain - this is a new brand to me and holy balls is it amazing! I had no idea that you could buy artisan bread and pastry items and cook them straight from freezer to frozen. THESE PUMPKIN CINNAMON ROLLS ARE AMAZING! Yes, I am shouting - ha!

It's a monthly membership, but there is no commitment and they remind you three days before each shipment so you can cancel before you are even charged. Use this link to get \$10 off your first box + free brioche buns in each box.

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

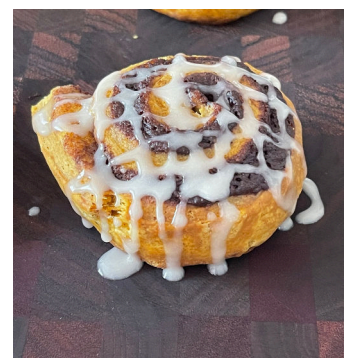
Super-Fuzed oil is back! Use my discount code 12BIZZY OIL to get 12% off. This is the most flavorful seasoned oil and I literally use a teaspoon at a time. Great on eggs, drizzled over popcorn, tossed in grilled veggies - so good! Use this link via Amazon. New flavors poblano chili oil and shallot are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

LAIRD PUMPKIN SPICE CREAMER!! HOLY BALLS YOU GUYS! If you love pumpkin spice, get these creamers - it tastes just like Starbuck's and you can make it at home for a fraction of the cost.

I also tried their buckwheat pancake/waffle mix and **this is hands down the best packaged mix I've ever tried** - maybe because of the buckwheat?? Each pancake is 160 calories and delicious. My discount code BIZ gets you 20% off your order of \$40 or more.

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 news!

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. [**CLICK HERE TO SIGN UP.**](#)

Even if you are a member, you still need to sign into each class individually.

This past week Hannah and I found out that the platform that hosts our cooking classes is going out of business. While there is an option to move stuff over to a new platform, it seems harder to manage, the cost is more to host, and we have decided that October will be our last month to sign up. We will reevaluate in the new year.

I am going to send a poll out to the members, but for now, I think the only way to save the videos is to put them on YouTube - which would be free, so not sure how you guys would feel about that? Feel free to email us at mybizzykitchen@gmail.com - I have until November 30 to remove the videos from AirSubs.

We are doing Desserts on September 29th! Avocado Chocolate Truffles, Mini Cherry Pies and Blueberry Cream Cheese Tarts!

OCTOBER CLASSES ARE UP!

SEE THE FOLLOWING PAGE FOR DETAILS

STILL ONE MORE CLASSES THIS MONTH - DESSERTS!

OCTOBER CLASSES WILL BE UP NEXT WEEK

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have **131 five star reviews!**

Hugs, Biz and Hannah

MY BIZZY KITCHEN

October 2021 Cooking Class



**OCTOBER 6TH: SKINNY PIZZA
DOUGH COOKBOOK RECIPES!
FOOD COURT PRETZELS
CHEEZ SNACK CRACKERS
CHICKEN & DUMPLINGS**

**OCTOBER 13TH: COZY DESSERTS!
MINI APPLE PIES
PUMPKIN SPICED PEANUT BREAD
PUDDING
PUMPKIN PIE PARFAITS**

**OCTOBER 20TH: BUFFALO
BONANZA!
BUFFALO CHICKEN CHILI
BUFFALO CHICKEN BOMBS
BUFFALO CHICKEN PIZZA**

**OCTOBER 27TH: VEGGIES!
CAULIFLOWER MAC N CHEESE
SCALLOPED POTATOES**

