

# MY BIZZY KITCHEN



The Official Newsletter of My Bizzy Kitchen



## COOKING CLUB!

If you are new here - welcome! I have a cookbook that published! 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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February's Cooking Club is here and gone already. If you want a backstory on how it got started, [you can click here to our first club - back in 2015!](#)

It was soup and salad night. Courtney made her Mom's famous black bean soup that had chunks of ham and veggies - so good! [You can find that recipe here.](#)

Tina made a roasted red pepper and tomato soup, fresh basil and crescent roll cheese toppers - so good! [You can find her recipe here.](#)

It was the first time I had wine since December 31 - whoop! I had two glasses and a small glass of champagne, and somehow lit my paper napkin on fire on the tea lights on the table at the end of the night. Courtney saved the day by pouring water in a glass and I immediately threw the napkin in the water - thus preventing burning her house down. Gah! It was pretty funny.

But, I felt dehydrated the next day and kind of gross, so I am back to dry alcohol days for the foreseeable future.



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## TACO POTATO SKINS

I write for our local paper The Daily Herald. I've published 20+ articles for them, and for whatever reason, they don't have a budget for local contributors. Huh. So I've been repurposing recipes I've posted on my blog and this taco potato skin recipe was first posted October 2019. I had to take a higher resolution photo, and because I always have baked potatoes on hand, this came together in no time.

Remember to bake off a few potatoes (either in the microwave or oven!) to use later in the week.

Makes 4 servings: 2 potato skins per serving

Prep Time: 5 minutes

Cook Time: 12 minutes

Ingredients:

- 4 previously baked potato
- 8 ounces lean ground beef
- 1/2 cup mushrooms
- 1 cup black beans, drained
- 2 tablespoons taco seasoning
- 4 ounces sharp cheddar cheese
- 4 tablespoons chopped diced tomato
- Cilantro, avocado, Greek yogurt of garnish
- Sliced limes for squeezing ovetop the potatoes

Heat air fryer to 400 degrees. Slice potato in half. Scoop out potato leaving ½ inch thick potato skin shell. Save scooped potato for another dish.

Spray inside and outside of the potato with avocado oil spray, salt, and pepper. Cook, skin cut side down, for 8 minutes at 400 degrees.

While that is cooking, sauté the beef, mushrooms, black beans, and taco seasoning.

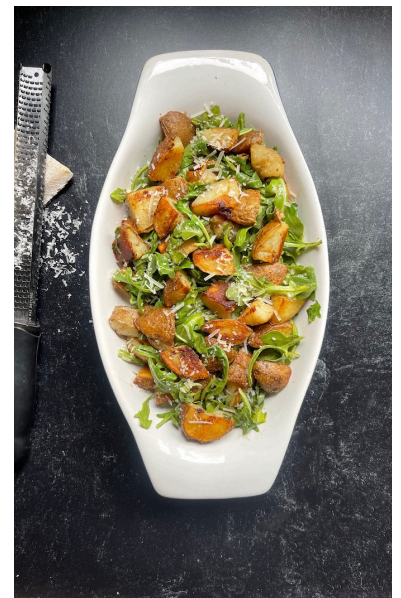
When the potato skins are cooked, remove, then divide the beef mixture between the two skins, top each with ½ ounce of cheese and return to the air fryer and cook an additional 1 to 2 minutes to melt the cheese.

Top with cilantro, tomato, avocado, salsa, and plain Greek yogurt.

Notes: If you don't have an air fryer, bake the stuffed potatoes for 15 minutes at 400 degrees.



If you love potatoes as much as I do, check out my warm potato salad - [click here for the recipe.](#)



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# LIFE

I have had a love/hate relationship with my pantry. Long time followers know that Hannah has tried to organize it as best she could. But what I've realized is the problem is me - I don't keep it organized.

I've watched The Home Edit on IG and on Netflix (or Hulu) and am obsessed. I hired a local woman and she did an amazing job with what she had to work with.

I have zones, I have a new inside the door organization baskets so I can actually see everything I have. In case you were wondering, I had four opened bags of dry roasted almonds in various sizes.

I also had food that had expired, a loaf of bread that had somehow gotten buried under a box of trash bags, and well, now the pressure is on to keep it organized. Fingers crossed!

I spent Saturday with my Momma. We upgraded her iPhone 7 to a 13 and she's been loving it. Not having the home button didn't seem to be too much of a concern! We had lunch at a cute local (to her) place called Blackberry Market - there is one in LaGrange and one in Glen Ellyn if you are in the Chicagoland area. Be sure to grab one of their scones - totally worth the points! Their Italian wedding soup is awesome too!

I get a lot of compliments on my nails. It's my one monthly splurge for myself. They are called an SNS dip - not a no chip, so my nails actually breath and aren't brittle when you take the polish off. They also last for months! Visit my friend Jen at Salon Cora if you are in the area - she does an amazing job.

In other news, I am down another 1.2 this week! Just keep taking it a day at a time.

## PHOTOS:

***Pantry Zones!***

***White Elfa Utility Pantry Door***

***Love my tank: "I am not for everyone!!!"***

***SNS Dip***



# MY BIZZY KITCHEN DISCOUNT CODES JANUARY

## GoHydrate - IS BACK IN STOCK!

Bizzy is the code to save you **15%** - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order.](#)

I have my **Magic Spoon** Discount for just 24 hours - use code Biz to get \$5 of your 4 pack variety box. It's low carb, high protein and tastes delicious. I tried the Cookies and Cream today and it was delicious, and even turned my cashew milk into chocolate milk. [Click this link to order yours today.](#)

I found a new to me company called Cooks Venture. It's a subscription based meat delivery service and the first thing I tried was their chicken thighs.

Holy balls - this is literally the best tasting chicken I've ever made at home. And the only seasoning I used was salt and pepper!

**Right now through the end of the February, they are giving me a discount code of FIFTY DOLLARS OFF your first order.**

[You can click this link](#) and use code Biz50. I am defrosting chicken breast for my dinner tomorrow. I've had the thigh, the chicken breasts and the whole chicken and am blown away with the flavor of this chicken.






## 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](#)



## WHAT'S IN THE BOX

We proudly ship select cuts of pasture-raised heirloom chicken and pasture-raised meats.

-  Individually-sealed, ready-to-cook
-  Pasture-raise, heritage breeds
-  Non-GMO feed, raised on regenerative farmlands
-  No antibiotics or hormones ever
-  Free shipping

# COME TO GREECE WITH ME!

I will be going to Greece on

**October 13 - 20, 2022**

and I want to take you with me!

***TEN PEOPLE HAVE ALREADY SIGNED UP!***



Here is the official link to get all the information from trip details, refunds, COVID restrictions, etc. If you have any questions, please shoot me an email at [mybizzykitchen@gmail.com](mailto:mybizzykitchen@gmail.com)