

MY BIZZY KITCHEN

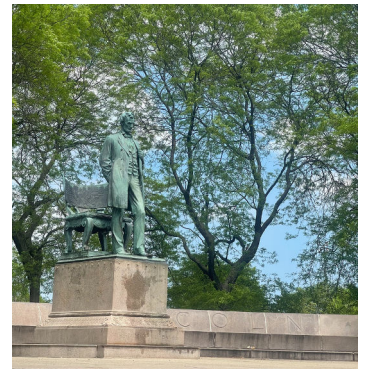
The Official Newsletter of My Bizzy Kitchen



FARMERS MARKET

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!



Saturday felt like life was getting back to normal. Well, as new normal as possible. I met my friend Morgan (check out [her website](#) - lots of great recipes!) at [Green City Market](#) in Lincoln Park.

As I was driving in the city, I saw so many people without masks walking down the street. After over a year of seeing masks as normal, it kind of threw me for a loop. At the market you had to wear masks.

For me, I think I'll continue to wear a mask, not just because of COVID but for the first time in the longest time, I've not gotten bronchitis (I used to get it 2-3 times a year), the flu or even a runny nose. I can only assume it's because I wear a mask.

It was a fun day - we walked, shopped and had lunch out. Also, turns out you can buy weed at the market - who knew?!



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SIRLOIN STEAK TIPS WITH MUSHROOMS

What are steak tips? It's been from the tip of the sirloin and are usually sold in bite sized pieces.

I love cooking with them because they literally take minutes to make. A few tips for the steak tips - ha!

- Again, make sure your meat is room temperature before cooking.
- Don't salt the meat until right before cooking (within two minutes) otherwise the salt pulls moisture from the meat and you steam the beef instead of getting a nice crust.
- Right before seasoning, take a paper towel and get as much moisture off the beef before cooking.

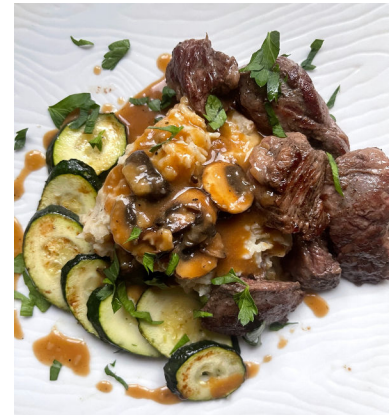
I made this one serving (using 4 ounces of the meat), but cooked the rest of the package to about 70% done to use later this week in other dishes.

- 4 ounces sirloin steak tips
- 1 cup prepared mashed potatoes
- 1 cup beef broth
- 1 teaspoon light butter
- 1 teaspoon flour
- 1/3 cup mushrooms, diced
- 1 teaspoon dijon mustard
- 1 teaspoon steak sauce (like A-1)
- 1/4 teaspoon black pepper

Make the sauce first. Heat skillet over medium heat. Add mushrooms to dry pan. The mushrooms will release moisture so cook until the moisture has evaporated. Add the butter and flour and cook one minute. Add the beef broth, mustard, steak sauce and black pepper. Cook for 2-3 minutes, until thickened and bubbly. Set aside.

In another skillet, heat to medium high heat. Add avocado oil spray to the pan. Add beef tips and cook for 2 minutes a side for medium rare. While they cook reheat the mashed potatoes.

To plate: put the potatoes in the middle of the plate, add the cooked beef, and pour 1/2 of the gravy on the plate and add veggie of choice - I had zucchini.



On all plans, 4 ounces of steak is 4 points. The sauce is 1 point for 1/2 on all plans. The points for the potatoes would depend on if you made them from scratch or not. This was a restaurant quality dinner at home. #love



Another favorite beef recipe I love is these beef and potato sliders - it's a knife and fork kind of burger, but so delicious!.



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LIFE

The scale has been creeping up and up these last months. I am now the heaviest I've been in many years and I just need to get my shit together.

I've been saying that since 2008! While I have had success from then until now, the obvious thing missing is consistency.

You aren't always going to have motivation. In fact the people who are most successful are the ones that talk themselves INTO doing something, not talking them out of something.

My daughter and her husband have committed to a 90 day restart. I did the same thing 8 years ago after seeing a vacation picture of myself. That summer I lost 20 pounds because I was consistent every.single.day whether or not I wanted to do it.

In responses to my IG post last Friday, seems like I am not the only one in that boat. I know it can be done. I just wish someone could do the work for me - ha!

I was proud of how I handled this weekend. For example, when Morgan and I went to this diner for lunch, I saw a reuben sandwich with french fries and my first response was - "get that!" I can't treat the weekend like it's my birthday and I was happy with the low point breakfast I ordered. Baby steps!

My side deck is open for summer! I love this space and plan on many hours hanging out there this summer.

In case you missed it - I made Nashville Hot shrimp and grits - so good! I found the Nashville Hot seasoning at Walmart for \$1.98.

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

NASHVILLE HOT SHRIMP AND GRITS
PORCH LIFE
HANGING WITH MORGAN



MY BIZZY KITCHEN DISCOUNT CODES MAY

Butcher Box is a meat subscription company. They offer top quality meat and you can pick and choose what to get in your box and how often you get it. LET'S GET READY TO BUNDLE! Right now Butcher's Box is offering their BBQ Bundle - Two New York strips, 6 burgers and FIVE pounds of chicken legs with your first order. To check it out, [click this link](#) to get the offer. Love the quality of their proteins!

GoHydrate Use code [Bizzy](#) to save 10% percent. I love this stuff and literally would not drink water without it. I use one packet per 64 ounces of water.

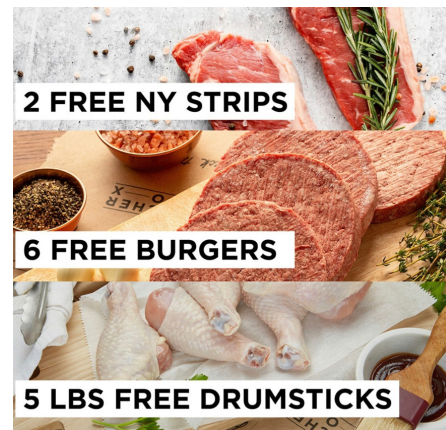
Petal Sparkling Botanical is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! Use code [Biz to save 20%](#). They are now in Mariano's too!

Thrive Market is a new one! It is an online shop that has 1000's of products from organic produce, beauty products, supplements. [Use this link](#) to get a free gift with membership - it's \$59.95 per year (average \$5 a month) but most people save \$32 on average per box.

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.

Bison Hill Stone Crafts - Order one of a kind personalized slate charcuterie boards - use code [Biz15](#) to get 15% off your order.

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!



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!

Hannah and I had our third cooking class and we are proud to say this one was the best one yet. Even though I blew a fuse towards the end of class, we were able to successfully finish the dish in time. Whew!

Our next class is Chicken Bolognese. If you are on #teambblue or #teampurple - a serving of this sauce is only 1 point.

We will also be talking about how to care for cast iron skillets, and wooden cutting boards.

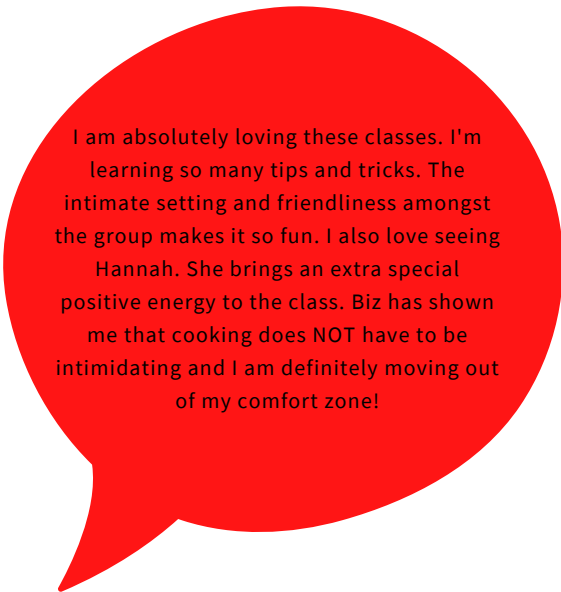
Classes are \$20 a class, or for more bang for your buck, you can become a subscriber for \$40 a month to join all four classes, for a 50% savings.

You can check out the two remaining classes for May. Next Monday I'll have the schedule up for June.

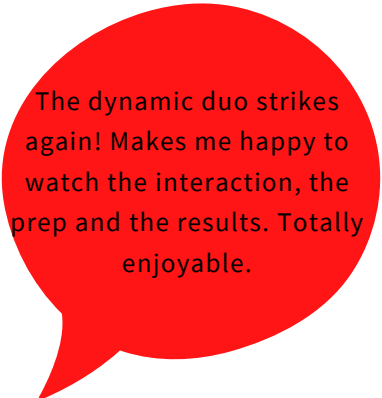
And thanks to everyone who still gave us a good review on the last class - much appreciated! Hugs, Biz and Hannah



As always, Biz and Hannah make cooking fun! The recipes they sure are easy to prepare and delicious!



I am absolutely loving these classes. I'm learning so many tips and tricks. The intimate setting and friendliness amongst the group makes it so fun. I also love seeing Hannah. She brings an extra special positive energy to the class. Biz has shown me that cooking does NOT have to be intimidating and I am definitely moving out of my comfort zone!



The dynamic duo strikes again! Makes me happy to watch the interaction, the prep and the results. Totally enjoyable.