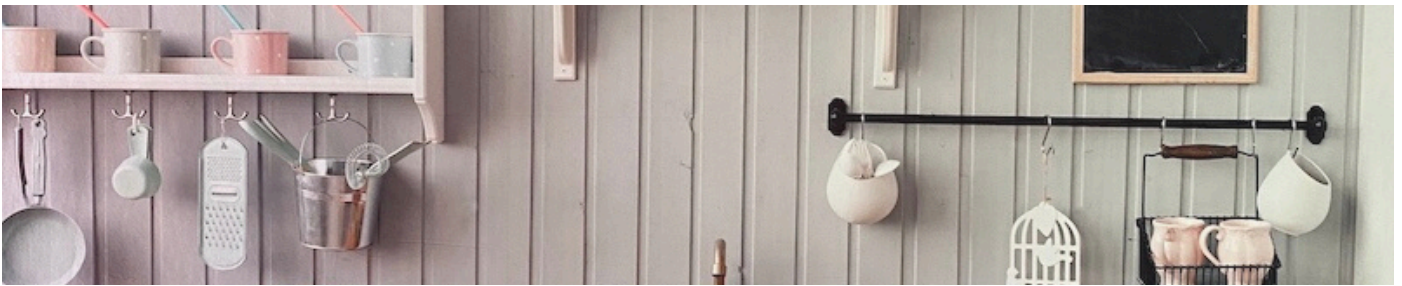


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



COOKING CLASSES

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!

Hannah and I had our first cooking class last week and it was a success! We had 32 students and 18 took the time to leave us reviews - all of which were FIVE STARS!

Some comments: "Biz and Hannah were so much fun!!! Great way to spend an hour in the comfort of your own kitchen!!! Skinny Pizza Dough did not disappoint." - Shari

"Biz is such an engaging and dynamic host. This class was informative and fun. 10/10 even if I wasn't already addicted to Skinny Pizza Dough!" - Brennan

If you want access to all my classes, plus have access to all the recordings of classes (ultimately will be On Demand after my first class is recorded) you can subscribe for \$40 a month - or just \$10 a class.

The next class is Wednesday, May 12 - Crispy Orange Tofu!

[You can check out the classes here and subscribe if you want - can't wait!](#)



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SPICY BLACK BEAN SOUP

"Biz - it's grilling season - what the hell are you doing making soup?!" Well, for one - it's still chilly in Chicago - this morning at 10:00 a.m. it was 42 degrees.

Second - I rarely meal plan or grocery shop after a holiday weekend, so since my pantry is still clean, I decided to use what I have on hand and decided to make this spicy black bean soup. **This is the best black bean soup I've ever made!**

This is flavorful spicy, not knock your socks off spicy, but start with one ancho chile and add more for your desired taste. Makes 8, 1 cup servings

Ingredients

- 3 dried ancho chiles
- 2 cups hot water
- 1 tablespoon garlic
- 1 red pepper, chopped
- 3 carrots, chopped
- 6 cups chicken broth
- 1 can Rotel tomatoes
- 2 cans black beans, rinsed and drained
- 1 teaspoon salt

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.



On #teampurple and #teambblue it's zero points for the whole pot. For #teamgreen it's two 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 5 protein.

If you find yourself with a bunch of black beans because you keep buying them because you don't remember if you have them, try my [black bean dip](#) - so good!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

What a wonderful weekend! It started out Friday night doing a Live with Candice of Petal Botanicals (discount code on next page). She is just as fun in person as she has been via texts - she's a working Mom growing her business with her third child about to be born in less than three weeks!

Saturday my Mom slept over. We got to steal my grandpups from Hannah and Jacob and it was a fun night. We grilled out and watched some documentaries.

Hannah and Jacob hosted a Mother's Day brunch and it was absolutely delicious. Thank you Hannah and Jacob!

If you haven't read how I became a mother, you can [check out this old blog post here.](#)

Jacob's parents and brother were there too so it was nice to catch up.

I was also able to talk to my stepson Joe and his wife Liz for an hour and a half, and talk to my mother-in-law. The flowers I sent were almost bigger than her - ha! If you need a good florist check out [Naples Florist](#) - they do an amazing job for the price point.

I forgot to weigh myself this weekend but my problem is still night time snacking and the couple glasses of wine. So my plan this week is to hit the gym at night to switch out that routine.

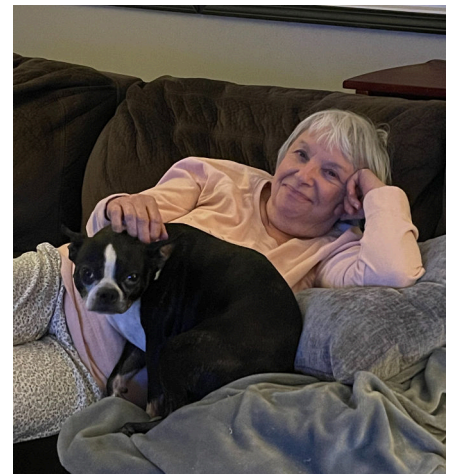
Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz

MY MOM AND RUMMY

ME AND HANNAH

JACOB'S (MY SON IN LAW) MOM AND BROTHER

MY MOTHER-IN-LAW BONNIE ♥



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](#).