

[00:00:00] <music>

Annie: Hi friends. Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today. As many of you know, I had surgery about a week and a half ago and was out for a little bit. I just wanted to thank you so much for your kindness and your prayers during all of that. But man, I'm glad to be back. Healing is not linear and so it is not every day is a little bit better, but we are on the up and up.

I'm really grateful to our team for how they helped manage a sudden missing Annie for a little more than a week. And I'm really grateful to y'all for your kindness and prayers. You can continue on praying for complete healing. I am really thankful for that. So, here we are. We are back.

Before we dive into today's conversation, I want to tell you about one of our incredible sponsors. This episode is sponsored by [BetterHelp](#). Whether you're struggling with anxiety or trying to work through some conflict, or you're feeling stuck as you navigate big life decisions, therapy is such an important and helpful tool in helping you take steps forward.

I don't know about you, but the busy fall schedules are back in full force around here in Nashville. And regular appointments with my counselor are one of the things I always prioritize no matter how busy things get.

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Let therapy be a part of the map of your life with BetterHelp. Visit betterhelp.com/thatoundsfun today to get 10% off your first month. That's betterhelp.com/thatoundsfun.

Intro: Today on the show I get to talk with my friend Bri McKoy. Oh friends, you are going to love her. You may have seen Bri's fun recipes and cooking tips on

Instagram or read her last book. But today we get to talk about her brand new book, *The Cook's Book: Recipes for Keeps & Essential Techniques*. It comes out tomorrow. So you can still Bri-order it. Do you hear that? It's not pre-ordering. It's Bri-ordering. I love it.

Y'all, this book is so fun. It's beautiful. It's really helpful. It's got tips on how to make your food more flavorful, how to carve your knives, keeping your pantry stocked with the things you need, making soups and sauces from scratch, and literally so much more. It is like the cookbook filled with cooking 101 tips. So you have everything you need.

I know you're gonna love this conversation. We talk about literally everything, including the Taco Bell app. Y'all just need to talk about it with us. So here is my conversation with my friend Bri McKoy.

[00:03:12] <Music>

Annie: Bri McKoy, I have an honest question. Is this your first time on That Sounds Fun?

Bri: Yes. I can't believe it.

Annie: I can't believe that either.

Bri: We're the most fun.

Annie: I know. That is insane to me. First of all, sincerest apologies. Public sincerest apologies.

Bri: No problem. I'm so happy to be here.

Annie: I can't imagine that this is your first time here, but alas it is. Will you back me up? Because here's what I don't know, why cooking? I mean, when we met you worked for Compassion.

Bri: Absolutely. And I also hated cooking.

Annie: Did you? You hated it?

Bri: I hated it. Not only did I not know how to cook, I hated... That whole concept to me sounded awful.

- Annie:** This is so interesting. Because I need you to know people are listening going like, That's Annie, because I don't hate it. I can do it because I'm from the south. But my kitchen is a hallway that I walk through and has a fridge.
- Bri:** That was my first kitchen. It was like, "Oh, this is extra closet storage. I'm glad."
- Annie:** Yes, yes, yes, yes. There's something to hold my cold food.
- Bri:** Exactly.
- Annie:** But that's about it.
- Bri:** And that's about it. My seltzer waters. Crisp. Cool.
- Annie:** That's right. That's right.
- Bri:** That's all this is to me.
- Annie:** So you hated cooking.
- Bri:** Yes. I was like-
- Annie:** Were you already married to Jeremy?
- Bri:** I was. I hated it before and I hated it after.
- Annie:** Okay. So marriage isn't what I'm missing in this particular situation.
- Bri:** Right.
- Annie:** Okay, great, great, great, great, great
- Bri:** I honestly felt like it was an important part of my DNA. Like I don't cook. I eat.
- Annie:** I know. I take a little too much pride in it at this point. Probably like, ah ah, I don't cook.
- Bri:** Yeah. I'm like, "I don't cook. That's not me." But unfortunately, I found out after we got married that we can't eat out every night." And I was like, "No, no, no."
- Annie:** You're like, "Wait, this was not in the vows."
- Bri:** This was not in marriage counseling.

Annie: Correct.

Bri: I was like, "What are we talking about?"

Annie: Right, Right, right.

Bri: Oh my gosh. I was like, "Well, this was fun. See you later." But then I realized, well, maybe we could learn to cook. Well, that was Jeremy's idea actually. He's like, "Well, we can learn to cook." And I was like, "That's an idea. It's a bad one but it's an idea."

Annie: "I appreciate you're starting a brainstorming session for us but-

Bri: Yes, but let's go.

Annie: ...this isn't gonna last."

Bri: Exactly. So we were both going to learn how to cook. I kind of went into the kitchen first learning to cook because I was working from home for Compassion. And it was just an easier transition for me. He would come home and be like, "Let's cook," and I'm like, "I'm already hungry." So I went to Barnes and Noble and I went to the cookbook aisle and I was so overwhelmed. I'm like, why are all these people smiling happy in their kitchens? I wanted a cookbook that was just so easy, so simple. So I picked up *Cooking Light* because I thought it was light cooking.

Annie: Oh my gosh, not diet cooking.

Bri: Right.

Annie: Right.

Bri: I was like, "This is less cooking. That's what I want—less cooking."

Annie: That's really great, Bri.

Bri: I think it took halfway through to where I realized like, "Oh, this is healthy cooking." But I ended up falling in love with it.

Annie: Really?

Bri: Yeah.

- Annie:** I mean, were you just doing dinner every night after work?
- Bri:** I was doing dinner every night. I was burning everything still. Burning everything. And what was happening is that my husband's in the military, and so we move often and community is something that we really need to find. So we would just be bringing people to the table and I would feed them. And these people were loving the food. And I was like, "This is raw chicken. You might be dead tomorrow. What is happening?" And I realized, "Oh, they don't like the food, they like what's happening around the table."
- Annie:** Oh, wow.
- Bri:** But maybe I can learn a few recipes so that I am not praying every night, "Dear Jesus, please don't let that person wake up throwing up."
- Annie:** That's right. How did you and Jeremy meet? I don't think I know that.
- Bri:** Oh my goodness. I was working at Compassion and I had a friend stop by my desk and she was like-
- Annie:** In Colorado Springs?
- Bri:** In Colorado Springs.
- Annie:** Okay.
- Bri:** And she was like, "God told me who your husband is."
- Annie:** Oh boy!
- Bri:** Legit.
- Annie:** I cannot believe you.
- Bri:** She's like, "He's in the military." And I was like, "No." "He lives in Florida." And I was like, "That's a double no." Like, they were just so many. I was like, no, no, no, no, no, no. So we went our separate ways. She tried to get us to meet, because he was visiting family over Christmas, so he was in town and both of us were like, no.
- Annie:** Oh, so y'all met up and were like, "Nice guy, see ya never."
- Bri:** We hadn't met yet. Emily was like, our friend Emily, she was telling me, she was telling him. She's like-

Annie: And he was saying no too.

Bri: Yeah. He was also like, "Are you crazy? I'm in Florida. She's in Colorado." He had gotten out of a serious relationship, so he was like, "I'm just not there." So she tricked us and she had us over to her house a few months later and she had him on Skype. These were the days of Skype. I came into her house and she's like, "Oh, I happen to be Skyping with Jeremy." Because she had grown up with him. So they were close childhood friends." And I sat down in front of him on Skype and I was like, "Hmm, rethinking, rethinking my thoughts."

Annie: Oh, really?

Bri: Yes. And we exchanged numbers and then we started emailing and then he deployed shortly after. But he flew out and surprised me. And then we were like, "Yeah, we're dating now." And then he deployed for six months.

Annie: Oh my gosh.

Bri: It was a lot.

Annie: I mean, to go from like, I don't know you at all to let's Skype one time to now I have a boyfriend who's in another country and his life is on the line and we can only... we can mail letters.

Bri: Right.

Annie: I mean, I guess he didn't go to World War II, so I guess he could probably email.

Bri: Exactly.

Annie: I don't know how that works.

Bri: Exactly. It was so wild because it was around 2010. At that time, you would have to wait in line to go into a box to pick up a phone attached to a wall to call someone. So I always had to be by my phone because if I missed his call, I missed. There's no way for me to reach him.

Annie: Yeah, that's right.

Bri: It's wild. It's different now. But yeah, then he came back and proposed and I was like, "I guess we're doing this."

Annie: Oh, Bri, why I've never asked you this in our real life while we've been friends for... since that was all happening, I cannot... He just proposed and that was it.

Bri: Yeah. I mean, I was so excited, but I was like... I thought it was like six months out. Like I thought he was gonna come back, we're gonna-

Annie: "We're gonna move to Colorado."

Bri: Yeah, exactly. No. He was like, "Well, no, we need to get married. Let's do it." And I was like, "Okay." So we never lived in the same state. It was all long distance. And then we got married and I immediately moved to Florida.

Annie: Oh my gosh.

Bri: And had no friends, no community, no family, no church. So it was wild.

Annie: When Emily says, "I know who God wants you to marry," what did you and God say? Because so many of our friends listening... Listen, so many of our friends listening have had someone say or have thought, "God's telling me that's my husband or that's my wife but he has a girlfriend."

Bri: Right.

Annie: So what were you and God saying when someone brought that level of a thing to you?

Bri: I was saying, God is telling me something different about a different guy.

Annie: Oh, got it.

Bri: And I told her that. I was like, "What's his name?" Oh, it's not Nate?" That's not really the other guy's name. "Oh, it's not Nate. No." Then we're talking about it and the wires have been crossed and I thought it was on Emily's end not mine. But I did go home and I did pray about it and I just was like, You know, if there is something there, I'm open to it. I entered this place of openness because the door closed with this other guy.

Annie: Nate.

Bri: Yes, Nate. Quote unquote, Nate And I was like, "Well, that door is closed, so I'm just gonna have a heart of openness." But then I forgot. Because months kind of passed and I just forgot. And she stopped bringing it up because I think we both

were very... because Jeremy's same with when he told Emily, like, "God is telling me to be single right now."

Annie: Wow.

Bri: So I'm thinking it's another guy, Emily's thinking we're supposed to get married, and Jeremy's like, "No, I'm supposed to be single."

Annie: So it couldn't have been... And LOL, Emily wins.

Bri: Emily Wins.

Annie: I mean, Emily heard the word from God.

Bri: She really did. I mean the work God had to do. He was like, "You all are mishearing Me." I think He was allowing us to come to a place of openness for us to then meet and connect.

Annie: You know, I had a friend talk about that with me this weekend, this idea of like, If it is God's plan, you're fine. If it is God's plan, it is going to happen." And that feels really... It can feel good and bad, right?

Bri: Oh yeah.

Annie: Because it can feel like, Oh, that's so relaxing. And then also like, well, then what's my role?

Bri: Where's the control I can have in this equation?

Annie: Maybe that's the question I'm trying to ask is, What am I supposed to do?

Bri: Yes.

Annie: So talk to us as someone who like... everybody listening at some degree has a plan for God's life that is not on the other side yet.

Bri: Oh yeah.

Annie: And here's an example in your life that's the other side. So talk to us about, how did you walk in that? Did you date other people? What did you do when God is orchestrating something that you weren't sure what He was doing?

Bri: Oh, that's so good. I really put it in the back of my head. I was like, "I don't know about that. I'm gonna continue..." You know, I went on a few dates, things with this other guy fizzled out. There were frustrating moments. Like I did get really frustrated with God because I had really wanted to be married and there had been some relationships that fell apart. But I really did come to this breaking point of like, what I'm doing is not working. And I felt like I just would have a choke hold on the relationships I was in. Like, This is gonna work. This is gonna be the one. This is happening.

And I realized I just need to let go a little bit. And I did. I had this moment in my room where I was just sobbing and had my hands open and I was like, "I don't want to carry this anymore. So whatever you're gonna bring, I'm very open to it. And I'm assuming it's gonna look very different than what I thought it was."

Annie: No matter what the thing is that you want?

Bri: Yeah.

Annie: So many of our friends listening are married, so they're like, Yeah, cool, cool, cool. But no matter what the thing is that you want, the open-handedness allows for something.

Bri: Oh, yeah.

Annie: I don't know.

Bri: It really does. And it's something you can't force, which is unfortunate.

Annie: Yeah. Right.

Bri: Because I felt like there were times in my life, for whatever reason, for whatever I was desiring, I was like, No, I was open-handed. And I was like, were you?

Annie: I mean, I had a dude and I finished totally and eight months later showed up back in my life and I was kind of like, "Oh. Oh, God can do this." Like, what I thought he was doing back then, eight months later I can go, "Oh, Oh, okay, well if... What? Now?" And it's not gonna work long term, but it was just very like, "Oh yeah, God's just always doing something that I don't see, and I think I can see everything."

Bri: Oh yeah, yeah. And it's always so shocking.

Annie: So shocking.

Bri: It's always like, Oh my gosh.

Annie: My business partner and I left a meeting two days ago and we both got in the car and we died laughing and she said—because something had happened in the meeting that was so directly what we've been praying-

Bri: Oh.

Annie: She said, "Why am I surprised that God answers when I pray?" And I was like, "I hear you..." I mean, like, we're both shocked that God did something in a way that we did not expect, but still answered the thing we needed.

Bri: Right.

Annie: Yeah.

Bri: Always.

Annie: It's wild.

Bri: It is.

Annie: I wish He had done it sooner.

Bri: I know. I was like, "What about that timeline?"

Annie: Yeah, yeah, yeah. We were 11th hour-ing hard. But He is going to sort it out. Okay, so you move to Florida with Jeremy, y'all decide you have to learn to cook.

Bri: Yes.

Annie: And you have no friends.

Bri: No friends.

Annie: And you have no life.

Bri: Yes.

Annie: Is that awful?

- Bri:** It was really hard. I did appreciate Jeremy had created some community there, so I got introduced to that community, but for a while, it really felt like, "These are Jeremy's friends. You know, this is Jeremy's church." It took a while-
- Annie:** I live with this guy I kind of know.
- Bri:** Exactly. I'm like, "Oh, like a girl just pops up into his house one day," and I'm like, "I live here now. Hi everybody."
- Annie:** "Hi everyone. I'll be living here. I know you've never seen me, but now I live here."
- Bri:** "Now I live here." But they were also so kind and so welcoming and so that made it easy for me to start to want to bring them into my house even though I didn't know how to cook, which I felt could be intimidating to have people over when you feel like, what am I gonna serve them? You know, is it gonna be good? Are they gonna judge my food? But I was so desperate for community that I truly, truly was serving the worst meals imaginable. I was like, "I don't care, you're at my table. That's what matters right now."
- Annie:** Did Jeremy deploy again from there and leave you like in a place all by yourself?
- Bri:** Yes.
- Annie:** Wow.
- Bri:** He did. He left. And by that time, we prayed that we would have one year, and to the day, one year later he deployed.
- Annie:** Wow.
- Bri:** And that was wild. because He had been picked up for three deployments in between that.
- Annie:** Oh, wow.
- Bri:** And they kept getting canceled last minute. And then like literally the one-year anniversary he deploys.
- Annie:** Did you know military life at all? Did you know? Were your parents military?
- Bri:** No. Annie-
- Annie:** No.

Bri: ...my dad was military.

Annie: Oh, wow. And I grew up in Colorado Springs, which is such a military town and I did not know anything. In fact, Jeremy said at one point he gave me military time and I thought it was like England time. I was like, "Is this central, or is this mountain?" I was like, "What did you just say to me?"

Annie: He was like, "Let's meet up at 1800." And you're like, "In Europe. I don't know."

Bri: Yeah. I'm like, "I'm sorry, did we switch languages?"

Annie: That's so funny.

Bri: I knew nothing.

Annie: So then he deploys and suddenly you go from your independent life in Colorado Springs to now I'm married to someone who works for the government that leaves when the government says leave.

Bri: Yes.

Annie: That is weird.

Bri: Oh, it was so weird. I really wanted to commit to staying because it would've been very easy-

Annie: With Jeremy?

Bri: Oh.

Annie: I'm like, yeah, I think that's what you did.

Bri: Wait, I meant staying in the house in Florida.

Annie: Got it. Okay.

Bri: That was so good.

Annie: Clarity. For clarity's sake.

Bri: For clarity's sake. And then who's Jeremy?

Annie: I really wanted to commit to staying, but then he left the house and-

Bri: But then he left, so here we are.

Annie: Marriage over. No. Okay.

Bri: Oh, that's so good.

Annie: You wanted to stay in Florida.

Bri: Yes.

Annie: Because I guess if he's gone first six months, you could've gone back to Colorado.

Bri: Yes, I could've easily gone back. I still had great community there.

Annie: That's really interesting.

Bri: My family was there. And I just decided, you know, this is where we're at. I want roots here.

Annie: And that is like leaving cleave hard.

Bri: Yes.

Annie: Yeah. Wow.

Bri: Oh. I was all in. I was like, "These are my people now." And I was very honest and vulnerable with a lot of them. Like, "This is gonna be really hard for me. I'm gonna need you all to check in on me. I'm gonna need you to invite me out to dinners." And I would invite myself over. That community ended up feeling much more like also my community, not just, this is Jeremy's friend and I'm Jeremy's wife. So that helped a lot.

Annie: This is a left turn. Do you know what your husband does?

Bri: Yeah, but not the best. Not well.

Annie: I have some really good friends in DC and like in their church small group, that's not a question you talk about.

Bri: No.

Annie: You do not talk about what do you do.

Bri: Right. No. No.

Annie: So when you're living with someone and they're deployed or they're home and you're cooking for them, y'all are sharing all of life but you can't share one thing?

Bri: There's a lot of times where I am just like, "We just don't know. I just don't know about this. I just don't know about this."

Annie: How do you build trust around when there's one thing you can't know? I mean, this is a very uneducated question because I've never militaried or married. So people might be like, "Annie, it's really easy. There's all sorts of things we don't know about our spouse." But I'm like, "That feels like a big thing not to know their job."

Bri: Oh, a massive thing. It was really hard in the beginning. I remember I was so dramatic in the beginning of marriage and I would be like, "Read me in. Read me in." And he's like, "First of all, you're watching too many FBI shows. And then second of all, I can't, legally." I mean, there's some things he can share with me, but over time I think it got easier. And we just found so many other things and interests and loves.

Annie: And trust, I'm sure.

Bri: And trust. And Trust. And I was like, okay.

Annie: What happened with your cooking when he left that time? Because by then you've been cooking for a year.

Bri: Yes.

Annie: But then it's gotta be like Chick-fil-A.

Bri: Oh my gosh.

Annie: Don't you just love it?

Bri: Oh my gosh. I truly was like, "Okay, well now I can do some more takeout, some more..." But I still was falling in love with this act of cooking.

Annie: Ah.

Bri: And I felt like it was giving me a creative outlet because I worked from home. So what was happening if I wasn't careful is, you know, Jeremy's not there anymore, I'm waking up and going to my... I'm walking two steps to my office, then I'm shutting down at like 6:00 p.m. and then I'm walking two steps to the couch. And I was like, "I need something-

Annie: Girl dinner. Girl dinner.

Bri: Girl dinner. I'm the original Girl dinner.

Annie: Exactly. That's right.

Bri: Popcorn.

Annie: That's right.

Bri: So I was like, Maybe I can use cooking as a creative outlet to-

Annie: Oh wow.

Bri: ...get me doing something outside of being on the computer. So I kind of looked at it that way. Like, this is like a college course I'm taking. It's like a new course I've enrolled in, class starts at 6:00 p.m. every evening.

Annie: It's really hard to cook for one person.

Bri: It is so hard. You have to love leftovers so much. Like so much. So what I was doing is I would cook... And a lot of the people in our community they were young families, young kids. So I would just drop off food some nights. Like if it was like, Oh, I can't drop in for dinner or whatever.

Annie: Oh, that's so smart.

Bri: So I was just like, "Hey, I have leftover food. Can I just, you know, leave it at the doorstep, or do you all want to come over real quick, or whatever it was." So then I could keep learning different dishes without feeling like I was having my refrigerator.

Annie: Because otherwise I cook once a week. Like Mondays are my night at home almost guaranteed. And if I cook on Mondays, then I'm eating that until Thursday.

Bri: Oh yeah. A hundred percent. Because you're just like, "Well, now I have enough to feed six people and I'm one person."

Annie: Were you still using *Cooking Light*?

Bri: Yes. I was. I was.

Annie: That blows my mind that that was your inspo cookbook that got us to *The Cook's Book* that you have now written. And it's your second cooking book, right?

Bri: Yeah. This one is my first cookbook, second food book.

Annie: Food book. But you started with *Cooking Light*. That kills me. So you were just still going through *Cooking Light*, just working your way through it?

Bri: I was going all the way through it.

Annie: You were Julie and Julie-ing *Cooking Light*?

Bri: I was. I really was.

Annie: Oh, so funny.

Bri: It was wild. But I think that what happened is one day... like I cooked all the way through it and I felt like I should have this kind of confidence now. Like I cooked through a whole cookbook. You know, like, I should know how to cook now.

And I remember I pulled up a recipe from Ina Garten for roasted butternut squash and I was like, "Okay, let me try this. I've not done roasted veggies before." But I didn't have the amount of butternut squash she called for. But I was like, whatever. That's fine. Still added the same amount of salt used for like three pounds of butternut squash but I had like half a pound.

Annie: Oh my God.

Bri: Because I didn't know. I'm following the recipe.

Annie: You're like, If one thing is less, the others will say the same.

Bri: Exactly. Like, this is how much I did not understand cooking. I was like, anyway, next So I pulled it out of the oven and I tasted it and I was like, "This tastes like an actual salt cube." So I put it in a colander and rinsed it out at and then re-routed it.

Annie: Did it work?

Bri: No. It was soggy.

Annie: Brilliant.

Bri: But I was like, "This is just now... It's now soggy."

Annie: Now it's just trash.

Bri: Yeah. Mushy it. But in that moment I was like, there's a disconnect here. Because how can I cook through a cookbook and still be like screwing up quite a few recipes? And it occurred to me that maybe I become a really good recipe reader but not actually know the art of home cooking to where if I'm missing an ingredient.

Annie: Interesting.

Bri: Yes.

Annie: That explains so much of your Cook's Book. Because what you're doing is you're saying, Don't read a recipe, learn this. Learn this.

Bri: Yeah. Because I feel like a recipe can't tell you how your stove burns. Like, is it burn hot or cool? It doesn't know your pan, it doesn't know what kind of salt you're using. So I realized, "Oh, I need to learn some things so that when I am reading a recipe, I will know like, well actually I don't need to use that much salt or actually I don't cook stuff in my oven that long or it will burn."

Annie: So by then, are you thinking, "Now I'm gonna write a cookbook?"

Bri: No.

Annie: No.

Bri: No. By then I'm like, "I'm just gonna get a few skills under my belt so that I can feed people better food." But I did because it was, you know, 2010 or whatever, I started a food blog. Because that's what you do, right?

Annie: So this whole backstory, this villain backstory... That is terrible, but the whole villain origin story, because I just knew you as Bri from Compassion and then Bri who had a food blog. I had no idea there was a hatred in the middle.

Bri: Yes.

Annie: No. You just were Bri who had a food blog that was so fun. And it still does. It feels so natural for you.

Bri: Thank you. I know. It was wild. I started this food blog. I really started the food blog because of Compassion bloggers. They were like, "You should have a blog..."

Annie: "And you're gonna run this program."

Bri: Yeah. I think they said, like, "Do something that you love doing in your everyday life." And I was like, cooking, because I was falling in love with it, but I still didn't really understand it. So it's hilarious. My earliest recipes are like, What are you talking about, Bri? I got on that blog like I was in Ina Garten. I was like, "And now we are gonna salt." And I'm like, no, Bri, you know now, you know now, that's not how you make that recipe.

Annie: Right.

Bri: But yeah, I just started the blog and as I got better at cooking, I started adding more. It was more like, here's some tips or here's some things I learned. And then it turned into full-blown recipe developing.

Annie: Because now, I mean, you cook every day on the internet. So you must cook twice as much off the internet.

Bri: Oh yes. There's a lot of cooking. There's so much cooking. So we still are feeding people.

Annie: Yeah, yeah. But you keep moving to different cities and you keep making new friends over and over again.

Bri: Yes. And you have to keep being like, "Hi, we're new here, but I have really yummy Bolognese. Please come in. Please come in."

Annie: Yeah. We talked last night about this. You said we have to have community deep and fast.

Bri: Yes.

Annie: Will you talk about that? Because so many of our friends know that we are moving or we just moved. And y'all have done that how many times in your marriage?

Bri: I think six or seven times now.

Annie: To different cities

Bri: Yes.

Annie: And 10 years of marriage or 12 years of marriage or something?

Bri: Yeah.

Annie: That is crazy.

Bri: It is quite a different lifestyle.

Annie: Does anybody else go with y'all? Is there like, "This whole set of Air Force people go here? Now they all go here." Is that ever true?

Bri: No. Wouldn't that be-

Annie: That'd be so nice.

Bri: That would be a great idea.

Annie: Move everyone together.

Bri: Move everyone. And hopefully you all love each other.

Annie: Yeah, yeah. Yeah. That's right.

Bri: That would be amazing. Every once in a while it happens where you might end up at the same base as someone that you were at a base with several years before. But it's never like you're grouping-

Annie: But you don't live on the base, right?

Bri: No, no. People can. Jeremy and I always... It was very interesting because very early on, from the beginning, we were like, "We want to live outside of the base." So it's funny when people realize that we're military because it's not something that we... It's not something we've made our identity.

Annie: It's his job.

Bri: It's his job. We move every three years. We usually live off the base in the community where the base is and it's about three years. So we decided that we were going to have to dig deep and fast for community because you blink... Like the first

year you're thinking you're just getting settled. And then the second year you're kinda like, "Okay, I feel like we know where our church is. We know this." And then the third year you're being told where you're gonna get moved. So you're like gearing up-

Annie: And you've only been to one birthday party for every kid.

Bri: Exactly. Exactly. It's crazy. So we just will get in, within the first few weeks we have a plan, like meet the neighbors, start having people over for dinner. We have this whole like say yes motto. Like just say yes. If someone invites you over for dinner, if someone invites you over to a new church, just say yes. So that has worked really well for us. It also causes a lot of heartbreak because then you come to love these people.

Annie: You actually love people.

Bri: You love people, you love the place, and then you're like, "And now I'm leaving."

Annie: Man, I do not know the quote. There's a C. S. Lewis thing. He says somewhere something to the degree of, If you don't want to get hurt, then don't love.

Bri: Oh, yes.

Annie: That's your only option. You're gonna have to shut your whole heart down if you don't. And I'm sure there are people who that is the way they choose to do military life.

Bri: Oh yeah. It's like we're gonna be here three years and we're just gonna be friends with who we're friends with but we will not love.

Bri: Oh yeah. Because it truly is. It's so hard. I feel like it is hard to the dig deep equation. Usually, it's dig deep slowly. Because we're digging deep fast. It is very vulnerable. Because we will show up sharing vulnerable stories very early on in our friendship relationships just because we're like, Let's open up, let's get to know each other. Where are you all struggling with? Here's where we're struggling. Like, what do you all love to do? And so it does result in really rich relationships that are very difficult to leave.

Annie: Yes. Yes. And yet, bye.

Bri: Bye. We gotta go.

[00:28:27] <Music>

Sponsor: Hey friends! Just interrupting this conversation to share about one of our amazing partners, [Blueland](#). Did you know we are eating and drinking roughly a credit card's worth of plastic each week? Ooh. And no, thank you.

The products that we're using every day are ultimately contaminating our water supply and generating hundreds of microplastics that we end up ingesting. Ugh. I'm pretty easy-breezy about most things, but y'all know I do not like single-use plastic. And that is one of the reasons I'm a fan of Blueland.

Blueland's on a mission to eliminate single-use plastic by reinventing cleaning essentials to be better for you and the planet. Their idea is simple. They offer endlessly refillable cleaning products with a beautiful design that looks great on your counter too. Just fill up your bottles with water and drop in the tablets and wait for them to dissolve. You'll never ever have to grab bulky cleaning supplies on your grocery run again.

Refills start at just \$2 and 25 cents. You can even set up a subscription or buy in bulk for additional savings. They have cleaning sprays, hand soap, toilet bowl cleaner, laundry tablets, and more. And all Blueland products are made with clean ingredients you can feel good about.

Blueland has a special offer for my friends. Right now you can get 15% off your first order by going to blueland.com/thatsoundsfun. You do not want to miss this y'all. [Blueland.com/thatsoundsfun](https://blueland.com/thatsoundsfun) for 15% off. That's blueland.com/thatsoundsfun to get 15% off.

Sponsor: And one more amazing partner I get to tell you about, [Hello Fresh](#). Hey, you can take all of Bri's cooking tips and apply it to this one. I know talking about cooking might make you wish you could do it more often, but you just don't feel like you have the time. I get it. But let me tell you, with HelloFresh, all you need is like 15 minutes. And that I can do.

If you look at their quick and easy dinner options, or they have breakfast and lunches too, which is really cool, you have simple, tasty meals made in your own kitchen in just 15 minutes. Plus when you're really busy, don't call for delivery, get HelloFresh. It's 25% cheaper than takeout and less expensive than grocery shopping too.

Just choose your recipes and receive fresh pre-portioned ingredients so you can cook and start eating quickly. I love that HelloFresh saves my brain from having to think about what to buy at the stores or what to plan for dinner. You get farm-fresh pre-portioned ingredients and seasonal recipes delivered right to your doorstep,

which is awesome. And if you can scratch the trip to the grocery store off your list and count on HelloFresh to make home cooking easy, fun, and affordable, that is why it is America's number one meal kit.

If you're stuck in a recipe rut, try something new with 40 recipes to choose from weekly. Even with the pickiest eaters, you will always find meals everyone at the table will enjoy. So go to hellofresh.com/50TSF and use the code 50TSF for 50% off, you guys, 50% off, plus free shipping. That's hellofresh.com/50TSF and use the code 50TSF. HelloFresh is America's number one meal kit.

Okay, now back to our conversation with Bri.

[00:31:27] <Music>

Annie: How does food help you have fast, deep community?

Bri: I think there is something about food that I realized when I was learning to cook, when I was serving burnt chicken and people were leaving being like, "This was the best time. This was the best meal." And I was like, "No, it wasn't. What are you talking about? You're gonna order pizza now. I know it. I know it."

Annie: Let's stop at Taco Bell on the way home.

Bri: Yes, exactly.

Annie: Make a note, Taco Bell. Keep going.

Bri: Oh yes.

Annie: We've got to talk about the app.

Bri: Oh my gosh. Oh my gosh. Yes, we do.

Annie: I know, I know. We will. I won't forget. It's on my notes.

Bri: Okay. So I realized there was a difference between having people over without food where I didn't feel like we were having as rich conversations. It felt kind super casual. Not bad, but because we have to go deep fast. The difference when there was food on the table and we were around food, we're eating, I just realized, okay, there's something so vulnerable about the act of eating. And I think once you enter that vulnerability eating in front of someone, I think it just opens the doorway to be more vulnerable with your life and your words and your thoughts.

So I was like, food is the key here. So we're always going to be centering food around having people to our table. And not fancy food.

Annie: It's wild.

Bri: It can be chips and salsa. It can be sparkling water. But just like, I don't know. There's something about putting food in your mouth that I think... I think it also is relaxing that you have something to do with your hands. You can distract yourself a little bit if you're feeling tense or anxious. So food has been the key for us.

Annie: This is too spiritual, but it's such a warning. But I have always thought it was so interesting that at the end of Revelation that it is a wedding feast. It's not a ceremony. It's not a party. So for some reason, even God says, when I want everyone together, they're going to eat.

Bri: Oh

Annie: Why is that?

Bri: I love that.

Annie: I've always been so interested that that's how He wants to celebrate is around food-

Bri: Yes, is around.

Annie: ...in a place where we don't have to eat because all of our needs will be met.

Bri: Right.

Annie: But we'll still eat.

Bri: But we're gonna eat. We're gonna have a feast. I love that. I have always thought also... it has been so interesting to me how enjoyable God has made food. Because it could've been like, You just need to take these three pills every day to get your nutrients and then go on your way.

Annie: That's right. And it's like, there's so many different varieties of food, so many different ways you can cook the food. I just feel like he made it really fun and enjoyable. And I love that. I was on a podcast yesterday and they said... They were playing This or That. And they said, Dolce and Gabbana or Gucci. And I said, "The Optimist," which is a restaurant here.

Because I said, I need you to know that there is nothing... for me personally brands like that don't do anything for me. If I'm gonna spend \$300 on something to splurge or a celebration, I want to have an experience with food. I want to eat at a restaurant because there is something that happens. It's that like God made it. The experience of eating what someone makes for you is so beautiful.

Bri: Oh, it is. It is a full experience.

Annie: I'm like Michelin-star, my... I have Michelin star dreams. I have Taco Bell budget, but I have Michelin Star dreams. I mean like, shows like *The Bear*.

Bri: Oh. Oh. Oh my gosh.

Annie: Dear everyone, if you haven't watched it, you have to watch it.

Bri: You have to.

Annie: It says the F word a lot.

Bri: Be prepared.

Annie: But other than that, it's really not that... Like, I mean someone's gonna be like, did you forget this part? But I mean, in general, comparatively-

Bri: Comparatively.

Annie: It's pretty mild that they say a bad word

Bri: Oh, so good. Fully obsessed.

Annie: The chef goes from being a Michelin-star chef to going back to his brother's sandwich shop and transforming it.

Bri: It is so good.

Annie: Catnip. That is Catnip. Put that in my veins. Gimme eight of those shows. Gimme eight of those shows, and just straight in my vein.

Bri: Oh, so good.

Annie: What is your favorite thing? And you make great cocktails too. The airplane?

Bri: Paper airplane.

Annie: Paper airplane.

Bri: Paper airplane. Yeah.

Annie: I learned about that drink from you.

Bri: Oh yes. We love cocktails. Because I feel like something that Jeremy and I have really come to love is the experience.

Annie: The making of.

Bri: The making of. So I don't think it has to be true for everyone. You find what you love or how you love to bring people to your table. And for Jeremy and me, we love putting on an experience. So even if it's a Tuesday night, we're like, "You're gonna come into our home, we're gonna make you a fun cocktail or chilled glass of wine, whatever you want." A mocktail. We have really fun mocktail recipes. And then we like to start with something to nibble on.

And I think it's also that part of like we want you to immediately feel welcome. Like, here's your beverage, here's something you can eat so you can kind of relax, kind of like just go into the flow of the evening. But my favorite thing to cook, I love... Oh, this is a true story. So my favorite thing to... Everything I've said is a true story by the way.

Annie: You're like, "So far this has been fictionalized."

Bri: By the way.

Annie: Except Nate.

Bri: Nate. Nate is fictional.

Annie: Nate, you're fictional. Other than that, a 100% true.

Bri: A hundred percent true. All of it. But I love making this weeknight pasta sauce. It's bolognese and it is so... It comes together so fast, but just the act of chopping the garlic and the onion and the smell and just the Parmesan cheese.

Annie: You're a garlic roller, by the way.

Bri: The garlic roller.

Annie: Brilliant.

Bri: Naked garlic for all.

Annie: Do you have an Amazon store?

Bri: Yes.

Annie: Okay, great. We'll link to that because you... as you know, I bought glasses you told me to buy. I have bought a toaster oven. I was like, I hope you do something with this affiliate money because I am using your link to buy a toaster oven.

Bri: I love it.

Annie: And it's brilliant. Because I didn't need an air fryer and a toaster-oven it. And this one does both.

Bri: It's so Good.

Annie: That's great.

Bri: Oh, I love it. When we move, I mourn. I'm like, "I don't know when I'm gonna see you again but I love you so much. And Mama, we'll see you on the other side."

Annie: That's right. That's right. So bolognese is your go-to.

Bri: Yes, go-to.

Annie: It's in the book, right?

Bri: It's in the book.

Annie: That's very generous of you.

Bri: So I called it First Hello Pasta because I decided a while ago that whenever we had new people over, I was gonna make this pasta. It kind of took the guesswork out of, you know, what are we gonna feed new people. But also I was doing this weird thing where if new people were coming over, I was like, "I'm gonna make a whole Turkey." Or like, "I'm gonna make a beef Wellington," which I've never made before

Annie: It takes three days, but it's gonna be great.

Bri: It's gonna be great. I'm like, "What am I doing?" Just make something that you love making and that you know a lot of people love and it can become grain-free if you need it to be, so it can fit a lot of different dietary restrictions. So this girl reached out to me on DM and she was like, "Hi, I am having a second date with someone. They're coming over my place. I told him I would cook and I actually don't know how to cook." And she's like, "Can you recommend something that's easy, but kind of showstopping."

So I pointed her to this pasta. I was like, "It's so good. It's hard to mess up." If you do mess it up, add more parm. Add more Parmesan cheese.

Annie: That's my life. If I mess something up, I'm gonna show up with parm. It's gonna fix it.

Bri: Just like a hunk.

Annie: It's gonna fit it.

Bri: Exactly. And I was like Godspeed. So she sent me a photo a few days later and she's like, "He loved it. Oh my gosh. I felt so great." Well, they end up getting married?

Annie: No.

Bri: And she DM'd me and she's like, "It was your pasta." She's like, "It was your pasta." And I was like, "Oh my gosh." It made me so happy. So I tell her story a little bit in the First Hello Pasta. But I'm like, that is the best.

Annie: That's what I was gonna ask you, if I'm gonna speed round you a little bit.

Bri: Yes.

Annie: When my parents were here last week for my surgery, Mom said, "While I'm here, why don't we work on a meal you could learn that is what you always cook if a man comes over." And I was like, "Well, mom, I'm having surgery. I'm not sure we're gonna do a lot of standing in the kitchen, but I appreciate your heart." Is that the meal you'd say, if you're trying to do an impressive guy...? Because one of my best friends, Kelly, she does chicken thighs.

Bri: Oh.

Annie: If a man's coming over, it is chicken thigh night.

- Bri:** Chicken thigh night.
- Annie:** That is always her thing. So you're saying this pasta is the... if you're cooking for a man, this will catch him.
- Bri:** This will catch him.
- Annie:** It works.
- Bri:** This will catch a fish. This is impress-a-human pasta.
- Annie:** Yes. Impress-a-human pasta.
- Bri:** Impress yourself. Even you yourself deserve... I make this on my own. Alone. This is my pasta.
- Annie:** So then do you have another recipe that you would... Because the other thing I've learned having surgery is people have brought me food, which has been just... I am never not signing up for a meal training in because it is... I thought it wouldn't matter that much and it matters so much.
- Bri:** Oh my gosh.
- Annie:** To have it all sitting there.
- Bri:** Oh my gosh.
- Annie:** And I don't have to think. You don't realize. I'm like, "I can order from Cracker Barrel." But then you're like, "Well, then I have to think and then I have to..." You don't have to think. So do you have a thing that every time you sign up for a meal train is what you take? Is that one of the recipes in here?
- Bri:** Yes. I have. It's called Chicken Pot Pie Soup. Actually, the reason I take it is because a good friend of mine reached out and she's like, "I take this every single time I sign up for a meal train, and every single time two things happen. The first is they ask for the recipe. The second is they say, "no one brings me soup." Because people bring like casseroles. A lot of it is casserole rice dishes. And it reheats really super well and it freezes really well.
- Annie:** This is the other thing I've learned. I've just never been on the receiving side. I've never had an ultrasound until this. I've never been on the receiving side of a meal train. So I've practically birthed a child this month.

Bri: Truly.

Annie: Yeah, truly. Everyone has brought containers that I don't have to get back to them. I had no idea. What a gift! There's one which I didn't mind at all, but it sat on my dining room table for a few days because I couldn't get it back to them. But is that what you do too so they can freeze it? You just put it in containers.

Bri: I have these soup containers. They're in the Amazon shop, but they're-

Annie: Brilliant.

Bri: ...dishwasher safe, microwave safe, freezer safe. And they're so inexpensive.

Annie: Great.

Bri: So I just put a little tag on there that says, like, "Here's how to reheat it, freeze it, blah, blah, blah." And then I say, "And this container is yours. Do with it what you will?"

Annie: What else do you take? Is it just soup or do you put cornbread or something?

Bri: If we are next to a really nice local bakery right now, I'll get like a really nice baguette, maybe some really good butter and just be like...

Annie: Listen, good butter, who knew?

Bri: Right?

Annie: Who knew? I mean, these are the things I had to learn when I cooked. Like I thought all butter was the same. I thought all salt was the same. No. No.

Annie: No, no.

Annie: Danielle Walker had me buy this particular salt and I call it rich salt.

Bri: Oh.

Annie: I'm always like, Danielle, I'm running all my rich salt.

Bri: Is it Fleur De Sel?

Annie: Yes.

- Bri:** Fleur De Sel. That is rich salt. I tell people, I'm like this salt is like your Gucci bag. You take this salt out, not every freaking day.
- Annie:** Everyone doesn't get to use this. Yes, yes.
- Bri:** This is your fancy salt.
- Annie:** That's exactly right. Do you have that in your store too?
- Bri:** Oh yeah.
- Annie:** Okay, great. Great. Your Amazon store and your book are gonna help us greatly. Because I'm even thinking like, man, what a gift to give someone that soup in *The Cook's Book*, and go, "The recipe is in here. If you want the recipe, it's in here." So I just thought that's such a sweet gift for people. So we've got a soup, we've got a pasta. What's your favorite cocktail to make for people?
- Bri:** Listen, this is bougie. We love an old-fashioned.
- Annie:** You do love old fashion.
- Bri:** And we got like a smoker.
- Annie:** Oh, the... yes, yes, yes. You did. Yes. I love that.
- Bri:** It's an experience. And it's like a tiny little domed thing. It's not this large thing. But you just make your old-fashioned, which we have been told by our food stylist, she lives in New York-
- Annie:** What does that mean?
- Bri:** When this cookbook was being made, I didn't realize thi... I had no idea how to write a cookbook. I'd never written a cookbook. And the team was coming over to photograph all the food and I was freaking out and I realized... because I thought I was gonna have to style the food.
- Annie:** Oh, right.
- Bri:** And I'm like, "I'm cooking.
- Annie:** I know how to wipe the edge of a plate.
- Bri:** Exactly.

Annie: Because I've seen that on Food Network.

Bri: Exactly. And I was freaking.

Bri: And then they're like, "This is your food stylist." And I was like, "Oh my gosh." She had like a legit kit, like a toolbox-

Annie: Oh, wow.

Bri: ...like toothpicks and pins and Q-tips.

Annie: Brilliant.

Bri: So she just like, you know, makes the food look very pretty. So anyway, she lives in New York and she loves old fashion. And she's like, "No one can impress me with an old fashion." She took one sip and she was like, "What did you do?"

Annie: Wow.

Bri: So the old-fashioned is... it's the paper plane.

Annie: I am a gin and tonic person.

Bri: Ooh.

Annie: But that is, that is very seasonable. You can't year-round [inaudible 00:43:32].

Bri: **Bri:** You can't.

Annie: You can't be that person.

Bri: No. Christmas.

Annie: Yeah, I know. Can you imagine? I'll take... um, can I get a flowery gin and tonic for my Christmas tree? Can you imagine? I cannot. Okay, restaurant that you absolutely love. Like if you're sending someone to a restaurant in any city, is there a place that's like, this is the restaurant in my life?

Bri: I love Bouchon, which is by Timothy Keller who does French Laundry. I don't have French Laundry money at all. But Bouchon is-

Annie: I want to have French Laundry money once.

Bri: Once.

Annie: I just want to have it once.

Bri: Once, yeah. And to be able to get a reservation.

Annie: That's right. You need the money to be the person who gets the reservation. Yeah, that's right.

Bri: Exactly. But Bouchon is his much more affordable spin.

Annie: Is it out in Napa as well?

Bri: It's in Napa. And they have one in Las Vegas too.

Annie: Oh, okay.

Bri: So good. French onion soup.

Annie: The food In Las Vegas.

Bri: Right?

Annie: Who knew out in the desert...

Bri: In the desert.

Annie: It's not just shows. It's unbelievable restaurants.

Bri: Michigan Star.

Annie: Yeah.

Bri: The craziest things. Where have you not eaten that you're like, someday?

Bri: Nobu was one of them.

Annie: Oh.

Bri: Yes. And did you do it?

Bri: No. But I really want to.

Annie: You need to do it.

Bri: Have you been there?

Annie: Yeah, in Vegas.

Bri: Yes.

Annie: It was fun. And I've eaten at the one in LA too. Their crispy rice spicy tuna, which is like kind of that is my old fashioned. Like, you cannot impress me with crispy rice spicy tuna, because I never think it's good enough. I mean, I love them all. So it's just kinda like, Yeah

Bri: Oh.

Annie: It's unbelievable.

Bri: I want that one. I want that one.

Annie: So Nobu is on your list?

Bri: Yes.

Annie: I want to do Alinea.

Bri: Oh

Annie: I haven't. Have you done it in Chicago?

Bri: No, no.

Annie: I just think when you watch that chef on other things, he's just weird.

Bri: Oh my gosh. So the experience from start to finish. And *The Bear* shows you a version of Alinea that you're like, "Oh, man, I have to do that."

Bri: Gotta go. Gotta go.

Annie: I can't wait to see that place.

Bri: Okay, let's go.

- Annie:** Okay. We should. Really if I got real stupid and like won the lottery and just was like, "Everyone here's what we're gonna do, it's just Michelin Star restaurants.
- Bri:** I'm gonna show up just all day. Every day.
- Annie:** Just because you know those are the people who have done something. I want Michelin-star or I want a barbecue place on the side of the road.
- Bri:** Oh yes.
- Annie:** ...that closes when they run out. Those are my two.
- Bri:** You never know when it's open. Yes.
- Annie:** Yes. I want bull peanuts out of a trash can. Because those are the best. Or a Michelin star.
- Bri:** Exactly. These are my spectrums.
- Annie:** That's it. That's it. That's the best. Those are equally as awesome to me.
- Bri:** Exactly. Oh, they're the best.
- Annie:** The food in St. Louis.
- Bri:** So, good.
- Annie:** Have you done the fried ravioli stuff?
- Bri:** Yes.
- Annie:** So good. Right?
- Bri:** So good.
- Annie:** I know.
- Bri:** Oh my gosh. I'm like, I had no idea when we found out we were moving there, everybody's like, "The food." And I was like, "What?" Do you mean an arch? I was like, What are you talking about? But the food is so good.
- Annie:** It's So good. So when we went and heard the story of the ravioli that like St. Louis was the gateway to the wild west and then a bunch of Italians just stopped and

didn't keep going, and now they all compete over who originated the fried ravioli." Bizarre.

Bri: Bizarre. There's a place in St. Louis called The Hill and it's like the oldest Italian spot in all of America. I'm like, "My what?" Who knew?

Annie: In St. Louis?

Bri: Again, I just thought we were dealing with an arch.

Annie: Yeah. In some sort of military base.

Bri: In some sort of military base.

Annie: And Ted Drewes ice cream?

Bri: Oh, I haven't yet. I need to.

Annie: Oh, you need to.

Bri: I think you told me about it. I need to do it.

Annie: It's like a local Dairy Queen. We have a local place here too called Bobbie's Dairy Dip that kind of does the same thing.

Bri: Oh gosh.

Annie: But yeah, the Ted Drewes is awesome.

Bri: Oh yeah. I need to go there.

Annie: Especially when you get back home and it's still summery.

Bri: Ooh.

Annie: Yeah, you need to.

Bri: Still a hundred degrees.

Annie: It's still a hundred degrees. You need to go check it out.

[00:47:09] <Music>

Sponsor: Hey friends! Just interrupting this conversation one more time to share about another amazing partner, [Hiya Health](#). Okay, typically children's vitamins are basically candy in disguise, and I loved it. I mean, it sounds fun but probably not the best idea for my MiniBFFs.

That is why Hiya Health was created. It is the pediatrician-approved SUPERPOWERED chewable vitamin. While a lot of kids' vitamins are filled with five grams of sugar and can contribute to a variety of health issues, Hiya is made with zero sugar and zero gummy junk yet it tastes great and is perfect for picky eaters.

Hiya fills in the most common gaps in modern children's diets to provide the full body nourishment our kids need with a great taste they love. Formulated with the help of nutritional experts, Hiya is pressed with a blend of 12 organic fruits and vegetables, then filled with 15 essential vitamins and minerals, including vitamin D, B12, C, zinc, folate, and many others child support immunity, energy, brain function, mood, concentration, teeth, bones, and more.

Hiya is designed for kids of all ages and sent straight to your door so parents have one less thing to worry about. Plus your kids get to decorate the bottle with these really fun stickers. They're so cute.

We've worked out a special deal with Hiya for their bestselling children's vitamins. Receive 50% off your first order. But to claim this deal, you must go to hiyahealth.com/thatsoundsfun. This deal is not available on their regular website. It is just for our friends. So go to hiyahealth.com/thatsoundsfun. Get your kids the full body nourishment they need to grow into healthy adults.

That link and pretty much every other link you could ever hope for are in the show notes or in the Friday's AFD Week in Review email. So be sure to check those out.

Sponsor: And one last amazing partner I get to tell you about, Indeed. Y'all, we know that hiring the right person matters. Whether you're a large corporation or a small business, you want to be able to count on your people. I mean, you never know when you might, you know, have a surprise surgery. Am I right? When I was out earlier this month, I didn't have to stress over the work getting done while I was gone because I knew my coworkers had it under control.

Let Indeed be your hiring experts the next time you're looking for a new teammate. When you're hiring, you need Indeed. They are the experts at helping us find the best fit for the roles we want to build our companies with. Instead of spending hours on multiple job sites, searching for candidates with the right skills, Indeed's a

powerful hiring platform that can help you do it all. You can attract, interview, and hire all in one place.

With Instant Match, over 80% of employers get quality candidates whose resumes on Indeed match their job description the moment they sponsor a job, according to Indeed Data USA. So start hiring now with a \$75 sponsored job credit to upgrade your job post at indeed.com/soundsfun.

The offer is good for unlimited time. So claim your \$75 credit now at indeed.com/soundsfun. Terms and conditions apply. And if you need to hire, you need Indeed.

And now back to finish up our conversation with Bri.

[00:50:08] <Music>

Annie: So let me tell you the other thing I love about *The Cook's Book*. Can I just fan girl for a minute about this book?

Bri: Yes.

Annie: It is so beautiful that it's like the one that I want every college girl to be gifted at graduation. And it is like in Mother's... I'm like, this is the new gift for everyone. But then also I love reading cookbooks. This is also for a non-cooking person who loves to read.

Bri: Oh yes.

Annie: You've just written beautifully. It sounds just like you. So-

Bri: Thank you.

Annie: Well done. It's just such an enjoyable read.

Bri: Oh, thank you so much.

Annie: And full disclosure, I have the black and white one. I can't even see the pretty pictures. I have the one they sent me so that I'd be ready to talk to you. It's also probably beautifully in color.

Bri: It is. It is really pretty.

Annie: But even in black and white, I was like, This is... It's just unbelievable.

Bri: Thank you so much.

Annie: You did a beautiful job. Because it feels like you, like, I didn't grow up and get trained in cooking but I can tell you lots of stories.

Bri: Yeah, Right. Yeah, exactly.

Annie: It's beautiful.

Bri: Ah, thank you so much.

Annie: I Love it. What's level two? So they get the book and then you have like a community that talks about cooking?

Bri: Oh yes. I have a community called the Cooks Club and we're all in there. We're constantly sharing where to eat. If someone's traveling, like, where do I eat? Sharing recipes, sharing-

Annie: My people.

Bri: Yeah. All the things. Like we're making recipes together and we have what we call the Great Bri Dish Bake Off every month. We pick one recipe and we all make it and say like, which one... was it good? Was it bad? What did we change? It is the most foodie-obsessed community on the internet.

Annie: Oh that makes me so happy. Okay, speaking of Bri cooking, let's talk about bri-ordering. How funny is that?

Bri: Oh my God.

Annie: The people in your audience who called it, not pre-ordering but Bri-ordering. So the book comes out tomorrow.

Bri: Yes.

Annie: So if anyone Bri-orders it today, which dear everyone, order this book. Go ahead. I mean, thinking about Christmas, I think everybody knows this that's listening. But what happens the first week of a book's life really matters.

Bri: Really matters.

- Annie:** So if you want to give this for Christmas, it would go very far for you to go ahead and buy five or six this week.
- Bri:** Yes.
- Annie:** And so what do you get if you Bri-order the book?
- Bri:** I love that so much.
- Annie:** I do too.
- Bri:** So I really wanted to give people a really fun experience for if they Bri-ordered. So they don't have the book just yet but they will get it very soon. Maybe tomorrow.
- Annie:** Which this is the perfect day to Bri-order, is the day before the book comes out.
- Bri:** Because this is the last day that when you preorder you will get the Cook's bundle for free.
- Annie:** Oh wow.
- Bri:** And this is three eBooks.
- Annie:** Oh my gosh. Free?
- Bri:** Yeah, I know. I was like, let's we... It's the snack. So that one is like any time you have to go over, you know, someone's like, bring a snack or whatever," you will go to this free source. It's all the snacks. We have the sauce, which is like all the sauces. I love that. Elevate a recipe. And then we have the third ebook is the sides, which is like side dishes that you compare with any meal. That one's like never been released anywhere, ever. It's the only way you can get it is through *The Cook's Book*.
- Annie:** Yes. Okay.
- Bri:** So those three are free. And then I have an egg guide. Because people, especially like new cooks, eggs can be so-
- Annie:** They're terrifying. Why?
- Bri:** They're terrifying. Like a fried egg, a boiled egg, a soft, an over-easy egg. So this guide is literally like all the ways you can make an egg. and it's a download. It's beautiful. And then you also get four downloads of recipes from *The Cook's Book*.

Annie: Oh wow.

Bri: So it's like a whole bundle. It's a whole experience, all for free.

Annie: So we can get that today.

Bri: Today.

Annie: And then the book will show... And actually, dear everyone, Amazon's already shipping.

Bri: Oh My gosh. Listen, this book has put on full glam and has busted out of the warehouse.

Annie: That's right.

Bri: This book was like, No one puts me in a warehouse. She's like, "I belong in kitchens today."

Annie: That's right. So technically-

Bri: Technically.

Annie: ...you're gonna look like you pre-ordered. It's gonna show up and you're gonna get all the Bri-order things. So yeah. So let's go ahead and a bunch of us go ahead... I mean I'm already thinking my Christmas. I'm gonna get it this week because I also want the Bri-order stuff. That sounds awesome.

Bri: Yes.

Annie: Okay, the most important thing, Taco Bell app.

Bri: The most important.

Annie: I did not know Taco Bell had an app until you told me. And I've just done some exploring.

Bri: Oh my gosh. How is not everyone talking about the Taco Bell app? Like what are we doing, everybody?

Annie: How did you sort out... because didn't you decide to order on the app... When you order on the app, do you still go to the drive-thru?

Bri: I haven't ordered. What I did is I was road-tripping in Nashville and I stopped over because Taco Bell just came out with these dipping tacos. And I got them and I shared on my Instagram story. Like I really like it, but I wish I could only do like beans or something. And someone DM'd me and said, "You can customize everything in the app. And you can." I downloaded the app so fast. You can customize everything. So you order on the app and then I think you drive through and pick it up.

Annie: What is your go-to at Taco Bell?

Bri: Crunchwrap Supreme.

Annie: Oh, really?

Bri: Crunchwrap Supreme. In fact, I have a recipe, I have a dupe in the book, but-

Annie: Oh, great.

Bri: ...we couldn't call it Crunchwrap Supreme.

Annie: Well, of course not.

Bri: So it's called Tacos in a Blanket.

Annie: Okay, great. That's like on Food Network where they're like crispy cereal treat. You're like, "Yeah, okay. Okay, okay. Okay."

Bri: We know what you're talking about.

Annie: Yeah, yeah.

Bri: What about you? What's your favorite one?

Annie: So I need you to know that me and Jamie, who's my manager/one of my best friends when we go to the movies because we are regal... like a whole bunch of us have the Regal Unlimited because we just love seeing movies. And you have to go twice a month to make it worth this money. Across the street is a Taco Bell.

Bri: Oh my gosh.

Annie: So we drive through and I get two bean burritos and put them in my purse. And then we go into the movie theater and I get a Coke icee. And then I eat my two

bean burritos as my snack. Or it's a meal hopefully. But who cares? It can also be a snack.

Bri: It can be a snack.

Annie: But it's bean burritos are my go-to. But a bean-dipping taco sounds really interesting. I haven't tried that yet.

Bri: Do you put hot sauce?

Annie: No.

Bri: No sauce.

Annie: No, I ask for a side of the burrito sauce.

Bri: Ooh.

Annie: And I dip in that.

Bri: Okay. The dipping Tacos come with the-

Annie: That's what it comes with?

Bri: Yeah. I think it's like burrito dip, whatever sauce it is.

Annie: It's the red sauce.

Bri: It's the red sauce.

Annie: It's the burrito enchilada.

Bri: It's a sauce.

Annie: All the things.

Bri: I was trying to make it all fancy.

Annie: Why do people trash on Taco Bell so hard when it is actually delicious and so affordable?

Bri: It is so good. It's so affordable. It's so good. The variety.

Annie: I know. But for having eight ingredients.

Bri: Right.

Annie: Well done, Taco Bell.

Bri: Well done. We're doing Chalupas. We're doing Dorito Crunch Taco.

Annie: So what is that dipping taco versus a regular taco?

Bri: I think that they were trying to do a take on a Birria taco, which is basically like meat is stewed all day long in this really delicious sauce. And then you put it in taco and then you kind of fry it. You put cheese on the outside and you fry it. And then you dip it in the sauce that it's been like cooking in all day.

Annie: Got it.

Bri: So it's like next level. It'll take a few hours, but it is the best. And to be clear, this is definitely a dupe. Or like, it's definitely like... you're like, okay, this... but it'll hit the spot. It'll hit the spot.

Annie: That place. I mean it is... I have got to stop being ashamed of how much I love Taco Bell. I mean, it's just great.

Bri: We just gotta-

Annie: It is my number one fast food. If I'm gonna eat fast food, Taco Bell.

Bri: Same. A hundred percent.

Annie: I needed one of my days after surgery, I was really sluggish and my doctor said, "You just haven't eaten enough protein because of the medicine that's in you," whatever. And I was like, "I think I need bean burritos. So what you're saying, I felt like a million bucks. I'm saying it's healing food is what I'm saying.

Bri: You pulling up, My doctor has prescribed two bean burritos.

Annie: That's exactly right, Bri. Oh, that's exactly right.

Bri: So good.

Annie: Oh man. Okay, I cannot wait for people to get this cookbook this week, then we're gonna get it this week. Oh, it's just beautiful. I can't wait. Is there anything we didn't talk about you want to make sure we cover?

Bri: I think we did it all. Even more than I could-

Annie: Please come back.

Bri: Oh.

Annie: Just know that the door is wide open.

Bri: Oh my gosh.

Annie: I just would love to have you anytime.

Bri: Oh, I'll come. I'll come back.

Annie: Can Jeremy do interviews?

Bri: Yeah.

Annie: Okay. Because we had an astronaut one time that we had to be very thoughtful about what we talked about.

Bri: Oh yes.

Annie: Because military people can only do certain kind of interviews. So can you and Jeremy both come?

Bri: Oh, yeah. Cute. And people love Jeremy in the Cook's Club interview.

Annie: Oh.

Bri: He makes appearance.

Annie: When he shows up on your Insta story, besides your lemon face, it's my second favorite thing. Your lemon face or Jeremy's.

Bri: Jeremy.

Annie: Okay. The last question we always ask then. Bri, because the show is called That Sounds Fun, tell me what sounds fun to you.

Bri: Oh, being in an ice bath right now.

Annie: Oh gosh, it's just so hot.

Bri: It's so hot. It is so hot. I want water. I need water. I want a lake. I want an ocean. I want a bath full of ice and I just need water.

Annie: Do you know one of my friends told me that her counselor said to her this week that they are seeing an extreme amount of seasonal effective disorder.

Bri: Are you serious?

Annie: Because it's staying hot, so hot, for so long. Particularly like some... she lives in Texas. So she's like, It is the same problem right now that's in the winter.

Bri: Oh my gosh.

Annie: People can't leave their house. So you're stuck inside. And so she's saying they're seeing seasonal affective disorder in like a higher than normal.

Bri: That actually makes so much sense because I was bumming out-

Annie: I know...get me outside.

Bri: Get me out. Yeah. I was really bummed the other day and I was like, "I'll just go out and take a walk." And I opened my door and I was like, "No, I won't."

Annie: No.

Bri: "No, I want to stay alive." So I went back into the house.

Annie: That's right. That's exactly right. It's just too hot.

Bri: It's too hot.

Annie: I know.

Bri: Fascinating.

Annie: I know. But I'm with you. So are you lake or ocean?

Bri: Lake.

Annie: Yeah, me too.

Bri: I love a lake.

Annie: Because I also need you to know something I am in love with is the Meg movies. Meg and *Meg 2*.

Bri: Oh my gosh.

Annie: About the megalodon.

Bri: Oh my gosh, I love that.

Annie: Because I'm like, I'm not getting in the ocean.

Bri: I'm not.

Annie: It's full of things like that. But what a great set of movies!

Bri: So good.

Annie: That was my last burrito experience is I took two burritos in and I saw *Meg 2* and I-

Bri: Do I need to see it, *Meg 2*?

Annie: Well, have you seen Meg 1? Have you seen the original?

Bri: Yes. Yes.

Annie: Okay, the original is very heavy on megs. Lots of megalodons. *Meg 2* has some crime.

Bri: What?

Annie: Has some land dinosaurs.

Bri: What?

Annie: Has a kraken?

Bri: Oh no.

- Annie:** It's a little more Meg light than you'd think for a *Meg 2* but it is very enjoyable. It's very. They have to go across the bottom of the ocean in a suit. I mean, there's just insanity. But I'm like, good luck because I'm as afraid of a meg as I am of something on Mars so I'm not going either place.
- Bri:** Not going. Just not going.
- Annie:** So I'm lake too. But lakes have their own set of-
- Bri:** I know.
- Annie:** ...animals we don't know about.
- Bri:** I'm very out of the water. I'm an observer. I like to observe. I like to dip a toe in and then I'd be, "Thank you."
- Annie:** I'm an observer.
- Bri:** You're so pretty. You stay over there.
- Annie:** "I'm gonna jump in real quick and I'm gonna get back out."
- Bri:** Yes, I'm gonna get back out.
- Annie:** Yes, yes, yes. I'm a pool person. Take me to the beach with a pool.
- Bri:** Oh.
- Annie:** I'd love to walk on your beach. I'm not getting in your water.
- Bri:** I'm not getting in there.
- Annie:** The Lord has created... God of Wonders has created a place out there that I'm not entering.
- Bri:** I am not getting in there. Same. Pool.
- Annie:** Craig, who works with us, says the best thing about sharks is once they're on land, they're just teathy balls of meat. He's like, They can do nothing to you once they're on land. That's so true.
- Bri:** All power, gone.

Annie: So I'm like, as long as I stay here-

Bri: I was gonna stay right here.

Annie: Craig's like, I'm far more scared of aliens because they can come here. Sharks cannot come here.

Bri: And apparently they are.

Annie: Apparently they are. Who knew?

Bri: And nobody was talking about it.

Annie: We coexisted with them-

Bri: We coexisted.

Annie: ...for all these years.

Bri: Who knew?

Annie: Who knew? I couldn't believe it came up in the Republican primary debate last night. I was like, we are really in a place.

Bri: This is happening.

Annie: Can we talk about the mess while we're here? Because below the trench-

Bri: Also would like to submit-

Annie: There are dinosaur sharks.

Bri: They're everywhere.

Annie: They're everywhere. Bri, I love you.

Bri: I love you so much. Thank you.

Annie: Thanks for doing this. I cannot wait for people to get *The Cook's Book*. When we talk about sneaky Jesus stuff around here, we talk about what can you put in someone's life that will walk them toward the Lord that may not be the most obvious. Cook's book. These are the things. Because then they meet you and then

they know you and then they fall in love with you. And when people fall in love with the people of God, they'll fall in love with God.

Bri: Absolutely.

Annie: So well done.

Bri: So well said.

Annie: Love you.

Bri: I loved being here.

Annie: So fun.

Bri: This is the most fun.

[01:01:35] <Music>

Outro: **Oh** you guys, isn't she just the best? I mean, give me friends that can talk about how God showed up for them in their dating story and Megalodons and the Taco Bell app and how food brings people together. Let's go. Bri is my kind of people. Y'all go grab a copy or three this week of *The Cook's Book*.

And don't forget, you can still get her Bri-order specials today. If you order the book today, remember, you get all the pre-order stuff. And the book is already shipping from Amazon. So it's gonna come your way. But you get all the pre-order stuff till tomorrow. So go and order it today. And make sure you're following Bri on social media, tell her thanks for being on the show.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, or Facebook. All the places you may need me, that's how you can find me. And don't forget, you can find the That Sounds Fun Podcast with lots more fun stuff on Instagram at That Sounds Fun Podcast.

I think that's it for me today, friends. Go out or stay home. Do something that sounds fun to you. I will do the same. Today what sounds fun to me, well, today I get to celebrate a friend's birthday. And y'all know I love birthdays, so that sounds fun to me.

Y'all have a great week. We get to see you back here on Thursday with one of the professors and scholars and authors that I love and respect so much, Esau McCaulley Oh y'all, I cannot wait. We'll see y'all on Thursday.