



The Ridge at Jordan Landing

At Home

News and Tips for Residents of Cowboy
Properties Communities
March 19, 2021

Single-Serve Meatloaf

Cooking for one tonight? Give this single-serve meatloaf a try! Try pairing this with a baked potato, roasted vegetables or this [single-serving cornbread](#) recipe.

Ingredients

1 tablespoon olive oil
2 ounces chopped onions
1 clove garlic, minced
1 teaspoon thyme
1/2 teaspoon salt
1/4 teaspoon black pepper
6 ounces ground beef
1/2 teaspoon Worcestershire sauce
1 egg
3 tablespoons breadcrumbs

For Glaze

1/4 cup ketchup
1 tablespoon molasses



Instructions

- Heat oven to 350° F.
- Heat oil in a medium-sized skillet over medium heat. Add the chopped onions and cook for 2 minutes. Add in garlic, thyme, salt, and pepper. Cook, stirring occasionally, for an additional minute. Remove skillet from heat.
- Place the ground beef in medium-sized bowl. Pour vegetables over meat. Add in Worcestershire sauce, egg and breadcrumbs. Mix ingredients until fully combined. Shape into an oval/loaf and transfer to a lightly greased

Your Favorite Places

We recently asked you to share your favorite local businesses and will be publishing your thoughts over the next several weeks. Supporting local businesses is important to us, especially during these times. [Please fill out this short form](#) to tell us about what businesses you would recommend to your fellow residents, which we will highlight in an upcoming newsletter.

Fort Union Family Dental

8915 S 700 E Suite 103, Sandy

Fort Union Family Dental does general dentistry and cosmetic dentistry, including implants, porcelain veneers and crowns. Alicia at Liberty Bend says that “the dentists and the staff are so friendly and caring. I have been a patient of Dr. Blackhurst for over 15 years. I would recommend them for all your dental needs.” They take most dental insurances and offer membership and payment plans.

small baking dish. Bake in preheated oven for 30 minutes.

- Whisk together ketchup and molasses in a small bowl. Spoon over the top of the meatloaf and bake for an additional 15 minutes.
- After removing the meatloaf from the oven, cover with aluminum foil or a plate and let the meatloaf rest for at least 10 minutes before slicing.

Recipe by [One Dish Kitchen](#)

Covid-19 Update

\$215 million in federal funds is available to Utahns if you are struggling with rent. Please visit rentrelief.utah.gov to apply or visit your leasing office for application assistance. You can apply for three months of assistance at a time.

Doctors from the University of Utah [encouraged people not to indulge in high-risk behavior](#) even after vaccination.

The latest [resources on vaccine eligibility and distribution](#).

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

Housing Assistance

rentrelief.utah.gov

General Assistance (Utilities, Food, Housing)

utahca.org/housing-case-management/ or call (801) 359-2444
211utah.org/ or call 211

Utah Department of Workforce Services Resources

jobs.utah.gov/covid19/
jobs.utah.gov/docs/hotjobs.html

Food Resources, and Mobile Food Pantry Dates and Locations

slc.gov/sustainability/food-covid/
utahfoodbank.org/programs/mobile-pantry/