

Happy Holidays!

At Home

News and Tips for Residents of Cowboy
Properties Communities
December 25, 2020

Crock Pot Taco Soup

Looking for an easy meal the whole family will love? Try this crock pot taco soup!

Ingredients

1 pound ground beef or ground turkey
1 onion, peeled and diced
1 can kidney beans, drained and rinsed
1 can pinto beans, drained and rinsed
1 can Ranch Style beans
2 cans corn
1 large can (26 oz) diced tomatoes
1 can diced green chilies
1 packet taco seasoning mix
1 packet ranch dressing mix
Optional: tortilla chips, shredded cheddar cheese, cilantro

Directions

1. Cook ground beef until browned over medium heat. Drain.
2. Combine ground beef, onion, beans, corn, tomatoes, chilies and seasonings in crock pot. Mix to combine.
3. Cook on low for 8 hours.
4. If desired, garnish with tortilla chips, cheese and cilantro to serve.

Options

- Substitute black beans or chili beans.
- For a vegetarian meal, substitute additional beans, lentils, tofu or meat alternative.
- For stovetop instructions, simmer ingredients in a dutch oven for 30 minutes after combined.

Covid-19 Update

CNN reported the U.S. reported its [second-highest number of coronavirus deaths in one day on Tuesday](#).

The government [continues to negotiate](#) towards a Covid-19 relief package.

Fact-checking [myths about the Covid-19 vaccine](#).

The Los Angeles County public health director recently warned that a [negative Covid-19 test should not be used to justify](#) attending holiday gatherings.

How Can We Help?

We can't stress enough that we need to hear from you as soon as possible if you are having difficulties keeping up with your rent. We want to do everything we can, within reason, to work with you to find a solution. If you have not paid rent and you have not been in contact with your leasing office to make payment arrangements, you are at risk of being served some type of legal notice. We have started issuing legal notices to folks that have not contacted us, and if you have received a notice it's vital that you speak with us now. We're always here to listen and help you find assistance if needed.

Housing, Utilities, and Food Assistance

utahca.org/housing-case-management/ or call (801) 359-2444
211utah.org/ or call 211
residentrelieffoundation.org/our-programs/ or info@residentrelief.org
rentrelief.utah.gov

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/

