

Show 30: *The All American Meal*

Tomato-Peach BBQ Ribs

4-5 lbs. Pork Ribs cut into serving size pieces
1 Onion
2 c. chopped, peeled Peaches (if fresh peaches are not available, can use frozen)
1 (10 3/4 oz.) can condensed Tomato Soup
½ c. Light Corn Syrup
½ C. Cider Vinegar
½ c. packed Brown Sugar
¼ c. Cooking Oil
1 T. Dry Mustard
1 T. Worcestershire Sauce
½ t. Garlic Powder

Place ribs in crock pot. Make sauce of all other ingredients. Simmer uncovered about 20 minutes. Pour over ribs. Cook about on low about 6 hours.

Sauce can be used on chicken, back ribs, country style or spareribs.

Creamy Corn Salad

1 can Whole Kernel Corn
1 medium Tomato, seeded and diced
2 T. chopped Red Onion
1/3 c. Mayonnaise
Salt to taste
¼ t. dried Dill Weed or 1 t. chopped, fresh Dill Weed

Combine all ingredients, cover and refrigerate.

Fireworks Chocolate Cake

1 c. Reduced fat Sour Cream
4 Large Eggs
½ c. Vegetable Oil
1 pkg. (3.4 oz.) Instant Banana Cream Pudding Mix
1 pkg. (18.25 oz.) Devil's Food Cake Mix
½ c. Chopped Pecans
½ c. Semisweet Chocolate Morsels
½ c. Cinnamon-Flavored Chips, like Hershey's
1 can (12 oz.) Vanilla Whipped Frosting
Red and Blue Food Coloring

- Preheat oven at 350°
- Using an electric mixer, beat first 5 ingredients with ½ c. water on medium speed 3 minutes.
- Fold in next 3 ingredients.
- Pour into a greased and floured 12-cup bundt pan
- Bake 55 minutes or until toothpick inserted in center comes out clean.
- Cool 10 minutes. Unmold; allow to finish cooling.
- Melt half of frosting in microwave oven on high power 30 seconds. Pour over cake; cool.
- Divide remaining frosting and tint with food coloring.
- Heat in microwave oven 15 seconds. Drizzle over cake.
- Makes 12 servings.

Old Fashioned 4th of July Baked Beans

6 cans (15.5 oz.) Pinto Beans, drained and rinsed
1 cup Water
1 large Onion, chopped
3 strips thick-sliced Smoke Bacon, cut crosswise into thin strips
1 ½ c. Ketchup
¼ c. Molasses
¼ c. packed Dark Brown Sugar
2 T. Spicy Brown Mustard
3 t. Salt
1 t. Dried Thyme
1 t. liquid Hot Pepper Sauce
½ t. Black Pepper
3 strips thick-sliced Smoked Bacon

- Heat oven to 350°.
- Coat 13 x 9 x 2 inch baking dish with non-stick vegetable oil cooking spray.
- Combine beans, water, onion, bacon pieces, ketchup, molasses, brown sugar, mustard, salt, thyme, pepper sauce and black pepper into large bowl.
- Spoon bean mixture into prepared pan, spreading evenly.
- Arrange bacon strips over top.
- Cover dish with foil
- Bake for 3 ½ hours.
- Let stand before serving until thickened, about 45 minutes.

Skillet Potato Salad

1 lb. Potatoes, cut into 1" pieces (Do not peel potatoes)
2 T. Cooking Oil or Olive Oil
¼ t. Salt
1/8 t. Black Pepper
2 med. Summer Squash, cut into 1 ½" pieces (8 oz. Total)
1/3 c. Bottled Italian Vinaigrette or other oil-and-vinegar Salad Dressing
1 small red Sweet Pepper, cut into ½" to ¾" squares
6 Cherry Tomatoes, halved
¼ c. snipped fresh Parsley
1 t. snipped fresh Thyme
Sprigs of fresh Thyme (optional)

- In a large skillet cook potatoes in hot oil over medium heat about 15 minutes or until tender and brown on all sides, turning occasionally. Spoon potatoes into a serving bowl. Sprinkle with salt and pepper.
- To same skillet add summer squash. Cook and stir over medium heat for 3 to 5 minutes or until just tender. Add to the potatoes in the serving bowl.
- Pour dressing over potatoes and summer squash. Add sweet pepper, tomatoes, parsley and thyme. Toss gently to mix. Cool.
- Cover and chill for 4 to 24 hours, stirring salad occasionally. Top with thyme sprigs, if desired.
- Makes 6 side-dish servings.