1 1/4

10 3/8

1

1355

1 7/32

3 1/4

9 19/32

HODGSON MILL

— Italian Meat Sauce —

1/2 lb. bulk Italian sausage
1 lb. lean ground beef or turkey
2 medium onions, chopped
1 medium green pepper, chopped
1 can (15 oz.) tomato sauce
1 can (28 oz.) chopped tomatoes, undrained
1 can (6 oz.) tomato paste
1/2 cup water
1 can (4 oz.) sliced mushrooms, drained
2 tsp. Italian seasoning
2 tsp. sugar
1/4 tsp. garlic powder
1/4 tsp. ground black pepper

In a large skillet, brown sausage and beef until no longer pink; drain. Add onion and green pepper and cook until tender, about 5 minutes. Stir in rest of ingredients; bring to a boil. Reduce heat; simmer 20-30 minutes until thick, stirring occasionally. Serve warm over 12 oz. (1 box) cooked Hodgson Mill Ultragrain® Spaghetti. **Yield:** 6-8 servings.

Have a Grain Day!™

Traditional Italian Pasta Taste & Texture

PREMIUM QUALITY Since 1882 HODGSON WATER MILL HODGSON MILL®

ULTRAGRAIN® SPAGHETTI WITH QUINOA

NEW LOOK! SAME GREAT TASTE!

No Cello

No Cello

WHOLE GRAIN

NON GMO Project VERIFIED nongmoproject.org

Serving Suggestion.

USE BY:

HODGSON MILL®

ULTRAGRAIN® SPAGHETTI WITH QUINOA

0 71518 00080 6

Ⓤ Parve

NET WT 12 oz. (340 g.)

ULTRAGRAIN® SPAGHETTI WITH QUINOA

MADE IN USA *Hodgson Mill promises you wholesome, delicious, quality products from America's Heartland.*

Family Owned – Since 1882 – *Hodgson Mill is a family owned company expertly milling grain since 1882.*

This package sold by weight, not by volume. Contents may have settled during shipping.

Look for the entire line of naturally wholesome and healthful Hodgson Mill products in the Flour, Corn Meal, Cereal, Pasta, Baking Mix and Gluten Free sections of your supermarket, or visit us online!

WHOLE GRAIN 30g or more per serving WholeGrainsCouncil.org EAT 48g OR MORE OF WHOLE GRAINS DAILY

Certified by the Whole Grains Council to have 30 grams or more per serving.

ULTRAGRAIN® MADE WITH WHOLE GRAIN QUINOA FLOUR

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HodgsonMill.com

RECYCLABLE 100% Recycled Paperboard

— Directions —

Bring 4 quarts of water to boil. Salt to taste (optional). Add contents of package to boiling water; stir vigorously until water boils again (approximately 30 seconds). Cook **7 to 9 minutes** or until desired tenderness. DO NOT OVERCOOK. Drain. (Rinsing lowers vitamin content.) **Yield:** 6 servings.

Nutrition Facts

Serving Size 2 oz. dry (57g)
Servings Per Container 6
Calories 190
Calories from Fat 10

Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*
Total Fat 1g	2%	**Total Carbohydrate** 41g	14%
Saturated Fat 0g	**0%**	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 1g	
Cholesterol 0mg	**0%**	**Protein** 8g	
Sodium 0mg	**0%**		

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Ultragrain® Whole Wheat Flour, Durum Flour, Quinoa Flour.

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.0177
Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

Produced in a peanut/tree nut free facility. Produced on shared equipment. May contain traces of soy or eggs.

Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

Proudly made in the USA according to a traditional Italian process.

Enjoy the taste and texture of traditional pasta with the benefits of whole grains!

ULTRAGRAIN® MADE WITH WHOLE GRAIN QUINOA FLOUR

The secret is specially milled whole wheat Ultragrain® flour and premium quinoa, so you get protein and fiber in every delicious bite.

— Spaghetti Primavera —

1 box **Hodgson Mill Ultragrain® Spaghetti**
1 Tbsp. olive or vegetable oil
2 cups zucchini, thinly sliced
1 cup red pepper, cut into Julienne strips
1 cup green pepper, cut into Julienne strips
2 cloves garlic, minced
1/2 cup whipping cream
1/2 cup grated Parmesan cheese, divided
1 tsp. basil
1 tsp. oregano
1/2 tsp. salt
1/4 tsp. black pepper

Cook spaghetti according to package directions; drain. Meanwhile, in a large skillet, heat oil and sauté zucchini, red and green peppers and garlic until vegetables are just tender. Stir in cream, then add 1/4 cup Parmesan cheese and seasonings, stirring until evenly blended. Heat through until slightly thickened, being careful not to boil. Toss hot cooked spaghetti with sautéed vegetable mixture. Sprinkle with remaining Parmesan cheese and serve. **Yield:** 6-8 servings.

Have a Grain Day!™ HODGSON MILL®

Whole wheat nutrition with taste your whole family will love!