



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® Thin Spaghetti. Yield: 6-8 servings.

Have a Grain Day!™

Traditional Italian Pasta Taste & Texture



ULTRAGRAIN®
THIN SPAGHETTI
WITH QUINOA

No Cello

No Cello

NEW LOOK!
SAME GREAT TASTE!



Serving Suggestion.



ULTRAGRAIN®
THIN SPAGHETTI
WITH QUINOA

USE BY: **HODGSON MILL®**
ULTRAGRAIN®
THIN SPAGHETTI
WITH QUINOA
0 71518-00081 3

Parve **NET WT 12 oz. (340 g.)**



Hodgson Mill promises you wholesome, delicious, quality products from America's Heartland.



Hodgson Mill is a family owned company expertly milling grain since 1882.

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!



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



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

HodgsonMill.com



— Confetti Pesto Thin Spaghetti —
1 box Hodgson Mill UltraGrain® Thin Spaghetti
2 cloves garlic, minced
Salt and fresh ground pepper, to taste
2 cups lightly packed fresh basil leaves
2 Tbsp. pine nuts
2 baked or grilled chicken breasts, peppers
1/4 cup olive oil
1/3 cup grated parmesan cheese
Cook pasta according to package directions; drain and keep covered and warm. Meanwhile, combine basil leaves, pine nuts, olive oil, parmesan and garlic in a food processor or blender; process until smooth. Stir in salt and pepper. Toss pesto and chopped peppers with pasta until well combined. Top with sliced chicken; serve warm. Yield: 4-6 servings.
Variations: In place of basil, try fresh parsley, spinach, or broccoli florets. In place of pine nuts, try walnuts or pecans. Or, use 1/3 cup prepared pesto for a quicker meal!

— 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 5 to 7 minutes or until desired tenderness. DO NOT OVERCOOK. Drain. (Rinsing lowers vitamin content.) Yield: 6 servings.
Nutrition Facts
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 0% Sugars 1g
Cholesterol 0mg 0% Protein 8g
Sodium 0mg 0%
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 8%
Calories 190
Calories from Fat 10
Percent Daily Values are based on a diet of 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.

ULTRAGRAIN®
WHOLE WHEAT FLOUR
Enjoy the taste and texture of traditional pasta with the benefits of whole grains! The secret is specially milled whole wheat UltraGrain® flour and premium quinoa, so you get protein and fiber in every delicious bite. Proudly made in the USA according to a traditional Italian process. 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.

Have a Grain Day!™ **Whole wheat nutrition with taste your whole family will love!**