1 1/4 | 10 3/8 | 1 | 1 7/32 | 3 1/4 | 9 19/32 | 1 1/4 | 3 1/4

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 Organic Fettuccine. **Yield:** 6-8 servings.

Have a Grain Day!™

I285I

With Milled Flax Seed • 500 mg Omega-3s Per Serving

PREMIUM QUALITY Since 1882 — HODGSON WATER MILL — HODGSON MILL®

CERTIFIED ORGANIC FETTUCCINE

WHOLE WHEAT PASTA

NEW LOOK! SAME GREAT TASTE!

No Cello | No Cello

Serving Suggestion.

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CERTIFIED ORGANIC FETTUCCINE WHOLE WHEAT PASTA

HODGSON MILL®

CERTIFIED ORGANIC FETTUCCINE WHOLE WHEAT PASTA

USE BY:

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Parve

NET WT 12 oz. (340 g.)

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.*

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

WHOLE GRAIN 54g or more per serving — WholeGrainsCouncil.org — EAT 48g OR MORE OF WHOLE GRAINS DAILY — *Certified by the Whole Grains Council to have 54 grams or more per serving.*

Made with milled flax seed, which adds ALA Omega-3 essential fatty acids for your health!

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

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CERTIFIED 100% Recycled Paperboard

Have a Grain Day!™ — HODGSON MILL®

Whole wheat nutrition with taste your whole family will love!

— Directions —

Bring 4 quarts of water for 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 220
Calories from Fat 30

Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*
Total Fat 3.5g	5%	**Total Carbohydrate** 40g	13%
Saturated Fat 0g	0%	Dietary Fiber 7g	28%
Trans Fat 0g		Sugars 1g	
Cholesterol 0mg	0%	**Protein** 8g	
Sodium 0mg	0%		
Vitamin A 0% • Vitamin C 0%		Calcium 2% • Iron 15%	
Thiamin 20% • Niacin 25%		Magnesium 20%• Manganese 70%	

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

INGREDIENTS: Organic Whole Grain Durum Wheat Flour, Organic Milled Flax Seed.

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.0177

CERTIFIED ORGANIC BY OREGON TILTH.
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.

The Whole Grain Difference

Enjoy our wholesome, delicious pasta made from premium USDA organic whole wheat and organic milled flax seed. We enjoy being your partner in good health!

Whole grains like we use include the nutritious bran and germ – refined flours don't.

Bran: Protective outer covering
Fiber, B Vitamins & Trace Minerals

Endosperm: Starchy inner core
Energy, Carbohydrates & Protein

Germ: Tiny seedling inside grain
Antioxidants, Vitamin E & B

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

— Savory Lite Alfredo —

1 box (12oz) **Hodgson Mill Organic Whole Wheat Fettuccine**
2 Tbsp. butter, margarine or oil
3 oz. Parmesan cheese, grated
3 cloves garlic, minced
salt and pepper to taste
6 scallions, sliced thin
chopped parsley (optional)
2 Tbsp. **Hodgson Mill Unbleached White Flour**
chopped sage (optional)
1/4 cup egg substitute*
1-1/2 cups milk (skim or 2%)

Prepare pasta according to package directions, drain. In a saucepan over medium heat, melt butter. Add garlic, scallions and flour; stir constantly until thickened to a paste. Add milk and egg, stirring until thickened again. Add cheese and stir until melted. Toss sauce with pasta, season to taste, garnish with parsley and sage, and serve warm. **Yield** 6 servings.

* May also use 2 egg whites or 1 egg , beaten