— Italian Meat Sauce —

1/2 lb. bulk Italian sausage 1 lb. lean ground beef or turkey 2 medium onions, chopped

l medium green pepper, choppe 1 can (15 oz.) tomato sauce 1 can (28 oz.) chopped tomatoes 1 can (6 oz.) tomato past

1 can (4 oz.) sliced mushrooms, drained

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

2 tsp. Italian seasoning

1/4 tsp. garlic powder 1/4 tsp. ground black peppe

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 Whole Wheat Spaghetti. Yield: 6-8 servings.

Have a Grain Day!

CERTIFIED ORGANIC

WHOLE WHEAT PASTA



No Cello

Serving Suggest



919/32

Parve

NET WT 12 oz. (340 g.)

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



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



Hodgson Mill is a family owned company expertly milling grain

Yield: 5-6 Servings.

Whole Wheat Spaghetti.

Hodgson Mill Organic

1 box (12 oz.) cooked

occasionally. Serve over simmer 20 minutes, stirring

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!



Certified by the Whole Grains Council to have 54 grams or



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

HodgsonMill.com

Produced in a peanut/tree nut free facility. Produced on shared equipment. May contain traces of soy or eggs. Our Customer Service Team is always happy to hear from you. Comments and questions welcome. CERTIFIED ORGANIC BY OREGON TILTH.

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 · 800.525.0177 INGREDIENTS: Organic Whole Grain Durum Wheat Flour, Organic Milled Flax Seed.

sited Fat 0g 0, Dietary Fiber 7g 28.09 s Fat 0g 28.09ars 1g brotein 8g 20mg n 0mg 0, Stamin 8g A 0% Vitamin C 0% Inon 15% Inon 15%	/ JunomA
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Calories from Fat 30 Serving Size 2 oz. dry (57g) Servings Per Container 6 Calories 220 Facts Mutrition

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

- Directions -

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



100% Recycled

Germ: Tiny seedling inside grain

Endosperm: Starchy inner core Fiber, B Vitamins & Trace Minerals Bran: Protective outer covering

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

The Whole Grain Difference

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

1/4 tsp. ground black pepper 1/4 tsp. garlic powder 2 tsp. sugar 2 tsp. Italian seasoning 1/2 cup water 1 can (6 oz.) tomato paste 1 can (28 oz.) chopped tomatoes 1 can (15 oz.) tomato sauce 2 cups zucchini, chopped J medium bell pepper, chopped Z cups mushrooms, diced Z medium onions, chopped I Thsp. olive oil

— deggie Mushroom Tomato Sauce —

and translucent. Stir in rest of ingredients; bring to a boil. Reduce heat;

mushrooms, bell pepper and zucchini and sauté until onions are tender

In large skillet over medium heat, heat 1 Tbsp. olive oil. Add onion,

jacoj jim hjimal ajohu nuoh ateat htim noititun taahu alohw

Have a Grain Day!







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