— Italian Meat Sauce —

1 lb. lean ground beef or turke

- 1 can (15 oz.) tomato sauce 1 can (28 oz.) chopped tomatoes

1 can (6 oz.) tomato paste 1/2 cup water

1 can (4 oz.) sliced mush 2 tsp. Italian seasoning

2 tsp. sugar 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 16 oz. (1 pkg.) cooked Hodgson Mill Whole Wheat Angel Hair Pasta. Yield: 6-8 servings.

Have a Grain Day!

Good Source of Fiber • Rich In Whole Grain









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NET WT 16 oz. (454 g.)

MADE IN Hodgson Mill promises you wholesome, delicious, quality products from



Add drained pasta, half the chopped basil, and about 1/2 cup

Hodgson Mill is a

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 57 grams or more per serving.



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.

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

INGREDIENTS: Whole Grain Durum Wheat Flour.

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Total Carbohydrate 41g	%7	60:1.10.1.101
Dietary Fiber 5g	%0	Saturated Fat 0g
Total Sugars 2g		Trans Fat 0g
Includes 0g Added Sugar	%0	rolesterol 0mg
Protein 8g	%0	gm0 muib o
%01 gmS no11 • %0	gmS1 muiole	amin D 0mcg 0% • C. Asssium 240mg 6%
a serving of food contributes to a daily die		
	Protein 8g • Iron 2mg 10%	0 Protein 89 alcium 12mg 0% • Iron 2mg 10% much a nutrient in a serving of food contributes to a daily dis

or until desired tenderness. DO NOT OVERCOOK. Drain. Yield: 6 servings. water; stir vigorously until water boils again (approx. 30 seconds). Cook 3 to 5 minutes Bring 4 quarts of water to boil. Salt to taste (optional). Add contents of package to boiling

- Directions -

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

for making pasta.

100% Recycled

world over for having the perfect characteristics wheat with a rich color and flavor, recognized the amber Durum wheat, a variety of hard spring whole wheat. We use only whole grain AG2U muimerq mort ebem etseq Enjoy our wholesome, delicious

3-4 cups grape tomatoes 3/4 cup grated Parmesan cheese, divided 3 Tbsp. minced garlic Lio evilo .qsdT S chopped, divided Whole Wheat Angel Hair 1 to 1-1/2 cups loosely packed fresh basil, 1 tsp. salt, plus more for seasoning I pkg. Hodgson Mill

to a boil, reduce heat, and simmer five minutes until tomatoes start to burst.

about 2 minutes. Adjust heat to medium-high and add tomatoes and salt,

a large skillet over medium heat. Add olive oil, and cook garlic until soft,

water. Drain pasta and keep covered and warm. While pasta cooks, heat

and cook 2 minutes. Add about 1/2 cup starchy cooking water. Bring mixture

Cook pasta according to package directions; reserve 2 cups starchy cooking

- Duick Tomato & Basil Pasta -

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Have a Grain Day!

Calories

2 oz. dry (57g)

8 servings per container

Mutrition

Serving size

Facts











and serve warm. Yield: 6-8 servings.

Remove from heat. Garnish with more

chopped basil and Parmesan, season to taste,

Add more cooking liquid slowly if necessary. Parmesan cheese, and stir until cheese is melted.

family owned company

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

