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USE BY:

HODGSON MILL

WHOLE WHEAT FETTUCCINE PREMIUM PASTA

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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 16 oz. (1 pkg.) cooked Hodgson Mill Whole Wheat Spaghetti. **Yield:** 6-8 servings.

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Good Source of Fiber • Rich In Whole Grain

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

WHOLE WHEAT FETTUCCINE

PREMIUM PASTA

No Cello

No Cello

NEW LOOK! SAME GREAT TASTE!

Serving Suggestion.

WHOLE GRAIN

NON GMO Project VERIFIED nongmoproject.org

WHOLE WHEAT FETTUCCINE PREMIUM PASTA

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.*

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

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!

100% WHOLE GRAIN 57g or more per serving — EAT 48g OR MORE OF WHOLE GRAINS DAILY — *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

100% Recycled Paperboard

— Rich & Creamy Fettuccine Alfredo —

1 pkg (12 oz) **Hodgson Mill Whole Wheat Fettuccine**
6 Tbsp. butter
4 cloves garlic, minced
2 cups half-and-half
1/2 cup grated Parmesan cheese, plus more to serve
1/4 tsp. salt
1/4 tsp. black pepper
12 oz. cooked shrimp or sliced cooked chicken breast
2 cups steamed broccoli florees (optional)
1/4 cup chopped parsley, to serve

Cook pasta according to package directions. Cover and keep warm. Meanwhile, in a large saucepan over medium heat, melt butter. Add garlic and cook 2-3 minutes. Reduce heat to medium low, add half-and-half, Parmesan, salt, and pepper. Cook, stirring often, until cheese is completely melted and sauce has thickened, about 5 minutes. Serve pasta with sauce, chicken, broccoli & parsley.

Yield: 6 servings.

Note: can use 2% milk instead of half-and-half or a combination for a lighter option.

— 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 (approx. 30 seconds). Cook **7 to 9 minutes** or until desired tenderness. DO NOT OVERCOOK. Drain. **Yield:** 6 servings.

Nutrition Facts

6 servings per container
Serving size 2 oz. dry (57g)

Amount/serving	% Daily Value*
Calories 210	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Vitamin D 0mcg 0% • Calcium 12mg 0% • Iron 2mg 10% • Potassium 240mg 6%	
Protein 8g	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Amount/serving	% Daily Value*
Total Carbohydrate 41g	15%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%

INGREDIENTS: Whole Grain Durum Wheat 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.

This product is not ready to eat. It must be thoroughly cooked.

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

Enjoy our wholesome, delicious pasta made from premium USDA whole wheat. We use only whole grain amber Durum wheat, a variety of hard spring wheat with a rich color and flavor, recognized the world over for having the perfect characteristics for making pasta.

The Whole Grain Difference

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

HODGSON MILL®

Have a Grain Day!™

Whole wheat nutrition with taste your whole family will love!