



*Have a Grain Day!*TM

Hodgson Mill Whole Wheat Pastas are made from the **whole grain**, including the **wheat germ** and **bran fiber**. This provides you with a nutritious and delicious way to meet the 6 to 11 daily servings of grain products suggested by U.S. Gov't Dietary Guidelines, and **provides a significant source of dietary fiber**.

WHOLE WHEAT PASTA CHILI

2 cups (dry) Hodgson Mill Whole Wheat Elbows	2 tsp. or more chili powder
1 medium onion, chopped	1 cup marinara sauce
1/2 cup green pepper, chopped	1/2 tsp. basil
1 clove garlic, peeled and minced	1/2 tsp. oregano
1 lb. lean ground beef (or ground turkey)	1 cup grated cheddar cheese

Cook pasta according to package directions, drain and set aside. In a large skillet, cook onion, green pepper, garlic, and ground meat until browned. Drain off fat. Stir in chili powder, marinara sauce, basil, and oregano; simmer for 10 minutes, stirring occasionally. Add pasta to meat mixture; stir well and heat thoroughly. Remove from heat. Sprinkle cheese over meat-pasta mixture. Cover and let stand for five minutes, or until cheese is melted. Serves 4.

WHOLE GRAIN ♦ GOOD FOOD®

WHOLE WHEAT ELBOWS

COOKING INSTRUCTIONS:
Boil 4 quarts of water. 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 longer until desired tenderness. **DO NOT OVERCOOK.** Drain.

NO PRESERVATIVES, ARTIFICIAL COLOR OR FLAVOR ADDED.

INGREDIENTS:

100% DURUM WHOLE WHEAT FLOUR

Allergen Information: Contains Wheat. Produced on shared equipment that uses eggs. Produced in a peanut/tree nut free environment.

Nutrition Facts

Serving Size: 2 oz. dry (57g)	
Servings Per Container: 8	
Amount Per Serving	% Daily Value*
Calories 210	Calories From Fat 15
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
Thiamine 20%	Riboflavin 4%
Niacin 15%	
*Percent Daily Values are based on a 2,000 calorie diet.	

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PRESS IN
AND PULL UP



TURKEY ELBOW SALAD

2 cups (dry) **Hodgson Mill Whole Wheat Elbows**
2 cups cooked turkey, cubed
1/4 medium onion, chopped
1 cup carrots, thinly sliced
1 cup frozen green peas, thawed
1/3 cup vegetable or olive oil
2 Tbsp. cider vinegar
1/4 tsp. thyme
salt and freshly ground black pepper to taste

Prepare pasta according to package directions. Drain and set aside. Combine turkey and vegetables in a large bowl. Add pasta. Combine oil, vinegar and seasonings in a jar. Cover jar and shake until well-blended. Pour over pasta and stir well. Chill for at least one hour before serving. Serves 3 to 4.

Look for the entire line of Hodgson Mill® naturally wholesome and healthful food products in the **Flour, Corn Meal, Cereal, Pasta and Baking Mix** sections of your local store.



WHOLE WHEAT ELBOWS



100% All Natural • 100% Made In America




**RICH IN
WHOLE GRAIN**

TO HELP REDUCE
THE RISK OF
HEART DISEASE
AND CERTAIN
CANCERS.

"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 certain cancers!"

100% DURUM WHOLE WHEAT PASTA

DURUM is the hard spring wheat grown in the Northern states and used in the world over to make the best pastas available. Since DURUM WHEAT is available in less abundance than other types of wheat, many commercial pasta makers use blends of hard winter wheat to cut costs. Hodgson Mill® pastas are made using the wheat germ and bran fiber, thereby retaining all the nutrients and goodness that nature so bountifully supplies. White pastas do not include this very important wheat germ and bran fiber, thereby throwing away the major part of many of the nutrients and much of the natural flavor.

Hodgson Mill® pastas are made from 100% DURUM WHEAT. It is as nature intended wheat to be. Hodgson Mill® adds no preservatives, colors, softeners or conditioners. Our superior taste comes only from the high quality wheat we use.

**WHOLE WHEAT
WHOLE GRAIN**
Our Superior Taste Begins With #1 USDA Premium Wheat

NO CELLO

ELBOWS

High In Fiber. Tastes Great, Too.

U Parve

NET WT 16 oz. 454 g



OUR GUARANTEE

Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete bottom of this box and your purchase price to:

Hodgson Mill, Inc.
1100 Stevens Avenue
Effingham, IL 62401
(800) 525.0177
www.HodgsonMill.com



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



WHOLE WHEAT
ELBOWS



USE BY:

