FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses) 1. Name and Address of Reporting Person * Seaberg Karen			2. Issuer Name and Ticker or Trading Symbol MGP INGREDIENTS INC [MGPI]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director10% Owner					
(Last) (First) (Middle) 20073 266TH ROAD		3. Date of Earliest Transaction (Month/Day/Year) 10/21/2011					Office	r (give title belo	ow)(ther (specify b	elow)		
(Street) ATCHISON, KS 66002			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City) (State) (Zip)			Table I - Non-Derivative Securities Acqu				Acqui	nired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)	I	vate Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	(Instr. 8)	4. Securities Acqu (A) or Disposed o (Instr. 3, 4 and 5)		f (D) Beneficia Reported		nt of Securities ally Owned Following Transaction(s)		6. Ownership Form:	Beneficial	
				Code	VA	mount	(A) or (D)	Price	(Instr. 3 a	nd 4)		Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Common Stock	1	10/21/2011		A	2,	,066	A	<u>(1)</u>	9,369			D	
Reminder: Report on a	separate fine for	each class of secur			Person contair	s who i	his forn	n are	not requ		ormation spond unles trol number	s	1474 (9-02)
Reminder: Report on a	separate line 10f	each class of secur			Person contair	s who i	his forn	n are	not requ	ired to res	spond unles	s	1474 (9-02)
1. Title of Derivative Security (Instr. 3) 2. Conversion or Exercise Operivative Security	3. Transaction	Table II - I	Derivative Securiti e.g., puts, calls, wa 4. te, if Transaction Code Year) (Instr. 8)	es Acquires rrants, operates, operates, operates of Derivative Securities Acquired (A) or Disposed of (D)	Person contain the form ed, Dispetions, co 6. Date and Exp	s who ned in the displayment of	this form lays a c or Bene ole securi able Date	ficiallities) 7. Ti Amo	not requesting ntly valid	OMB conf	spond unles	f 10. Ownersi Form of Derivati Security Direct (i	11. Natu of Indire Benefici Ownersh (Instr. 4)
1. Title of 2. Derivative Conversion or Exercise (Instr. 3) Price of Derivative	3. Transaction	Table II - I	Derivative Securiti e.g., puts, calls, wa 4. te, if Transaction Code Year) (Instr. 8)	es Acquires orrants, ope 5. Number of Derivative Securities Acquired (A) or Disposed	Person contain the form ed, Dispetions, co 6. Date and Exp	s who led in the displayment of	this form lays a c or Bene ole securi able Date	ficiallities) 7. Ti Amo Undo Secu	e not requently valid ly Owned itle and ount of erlying urities	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(f 10. Owners: Form of Derivati Security Direct (i or Indirect)	11. Natu of Indire Benefici Ownersh (Instr. 4)
1. Title of 2. Derivative Conversion or Exercise (Instr. 3) Price of Derivative	3. Transaction	Table II - I	Derivative Securiti e.g., puts, calls, wa 4. te, if Transaction Code Year) (Instr. 8)	es Acquires prants, ope 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,	Person contain the form ed, Dispetions, co 6. Date and Exp	s who hed in the displayed of, nvertible Exercise in Tay/Ye	chis form	n are urrer ficiall ities) 7. Ti Amc Undo Secu (Inst 4)	e not requently valid ly Owned itle and ount of erlying urities	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(f 10. Owners: Form of Derivati Security Direct (i or Indirect)	11. Natu of Indire Benefici Ownersh (Instr. 4)

P (0 N (Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
Seaberg Karen 20073 266TH ROAD ATCHISON, KS 66002	X					

Signatures

Karen Seaberg	10/25/2011
**Signature of Reporting Person	Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) This is a stock award, therefore, there is no reportable stock price.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.