FORM 4

(Print or Type Responses)

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

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_Director 10% Owner					
(Last) (First) (Middle) 20073 266TH ROAD				3. Date of Earliest Transaction (Month/Day/Year) 06/01/2012						Office	er (give title belo	ow)	Other (specify	below)
									6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person					
ATCHISON, KS 66002									— Form file	ed by More than	One Reporting	Person		
(City) (State) (Zip)					Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1.Title of S (Instr. 3)	Security		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, any (Month/Day/Yea	(Instr. 8)			isposed	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		Following	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
	~ 1		0.5/0.1/0.10		Code	V	Amount	. /	Price				(Instr. 4)	
Common			06/01/2012		A		3,908	A	(1)	13,277			D	
Common	Stock									227,650			I	By Trust
Common	Stock									9,012.4	45		I	By ESPP
Common	n Stock									864,252			I	By Spouse's Trust
Common	ı Stock									120,000	1		I	By Spouse's IRA
Preferred	l Stock									112			Ι	By MGPI Voting Trust
Preferred	l Stock									111			I	By MGPI Voting Trust of which spouse is trustee
Preferred	l Stock									71			I	By Spouse
Reminder:	Report on a s	separate line for	r each class of secur	ities beneficially o	owned direc	Pers	ons who	respoi	rm are	e not requ		formation spond unle trol numbe	ss	1474 (9-02)
				Derivative Securi			-	•		•				
	Conversion	3. Transaction Date (Month/Day/Y	3A. Deemed Execution Day Year) any	4. Transaction Code (Instr. 8)	5.	and Expiration Date (Month/Day/Year) Am Universe Sec		7. T Amound Seco (Ins	ritle and ount of derlying urities tr. 3 and	8. Price of Derivative Security (Instr. 5)	9. Number Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owners Form of Derivat Security Direct (or Indir	Beneficial Ownersh (Instr. 4) Beneficial Ownersh (Instr. 4)	

	Code	v	(A)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares					
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Reporting Owners

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

Signatures

Karen Seaberg	06/05/2012
**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 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.