

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) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/08/2017					
20076 266TH ROAD								
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
ATCHISON, KS 66002								
(City) (State) (Zip)			Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned					

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	03/11/2020		S		15,324	D	\$ 28.3186	2,412,722	I	by Cray MGP Holdings LP
Common Stock	03/13/2020		S		30,169	D	\$ 24.5852	2,382,603	I	by Cray MGP Holdings LP
Common Stock	03/13/2020		S		28,472	D	\$ 24.5852	273,518 (1)	I	Cloud Cray Family Trust
Common Stock	12/18/2017		G		53	A	\$ 0	201,533 (2) (3)	I	by trust
Common Stock	12/18/2018		G		88	A	\$ 0	203,747 (2) (3)	I	by trust
Common Stock	02/27/2019		G		192	A	\$ 0	269,939 (2) (3)	I	by trust
Common Stock	03/11/2020		S		5,620	D	\$ 28.3186	406,369 (2) (3)	I	by trust
Common Stock	03/13/2020		S		10,785	D	\$ 24.5852	395,584 (2) (3)	I	by trust
Common Stock	11/08/2017		G		898	A	\$ 0	538,591	I	by spouse's trust
Common Stock	11/08/2017		G		89	A	\$ 0	538,680	I	by spouse's trust
Common Stock	12/14/2019		G		3,160	D	\$ 0	452,661 (2)	I	by spouse's trust
Common Stock	03/11/2020		S		1,135	D	\$ 28.3186	309,526 (2)	I	by spouse's trust
Common Stock	03/13/2020		S		22,649	D	\$ 24.5852	286,887 (2)	I	by spouse's trust
Common Stock	11/08/2017		G		89	D	\$ 0	70,199	I	by trust for LM

Common Stock	02/01/2018		S		125	D	\$ 87.429	70,074	I	by trust for LM
Common Stock	06/19/2018		S		315	D	\$ 95.4068	69,652	I	by trust for LM
Common Stock	11/05/2018		S		130	D	\$ 65.8841	69,522	I	by trust for LM
Common Stock	01/31/2019		S		52	D	\$ 72.169	69,470	I	by trust for LM
Common Stock	04/29/2019		S		115	D	\$ 86.203	69,355	I	by trust for LM
Common Stock	07/31/2019		S		106	D	\$ 50.2415	69,249	I	by trust for LM
Common Stock	08/07/2019		S		983	D	\$ 50.9148	68,266	I	by trust for LM
Common Stock	08/29/2019		S		450	D	\$ 47.7521	67,816	I	by trust for LM
Common Stock	03/06/2020		S		345	D	\$ 29.0177	67,471	I	by trust for LM
Common Stock	03/13/2020		S		4,067	D	\$ 24.5852	63,404	I	by trust for LM
Common Stock	11/08/2017		G		89	D	\$ 0	70,172	I	by trust for MH
Common Stock	02/01/2018		S		125	D	\$ 87.5279	70,047	I	by trust for MH
Common Stock	06/19/2018		S		315	D	\$ 95.3497	69,625	I	by trust for MH
Common Stock	11/27/2018		S		1,530	D	\$ 68.661	68,095	I	by trust for MH
Common Stock								99,066	I	by IRA
Common Stock								3,977	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Seaberg Karen 20076 266TH ROAD ATCHISON, KS 66002	X			

Signatures

/s/ Thomas Lynn, Attorney in Fact for Karen Seaberg		05/26/2020
**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) On February 28, 2019, the reporting person became the sole trustee of the Cloud L. Cray Family Trust, which was a reportable transaction. The trust owned 301,990 shares of common stock on that date. However, the trust's holdings have been omitted from subsequent Form 4 filings by the reporting person.

The reporting person's spouse's trust made the following transfers to the reporting person's trust: (i) 66,000 shares on January 24, 2019, (ii) 82,000 shares on February 5, 2020 (2) and (iii) 60,000 shares on February 18, 2020. The reporting person is the trustee and sole beneficiary of both trusts and the transfers were merely a change in the form of indirect beneficial ownership. The correct number of shares owned by each trust are now being reported correctly.

(3) The reporting person made the following transfers to the reporting person's trust: (i) 591 shares on November 16, 2017, (ii) 1,273 shares on July 3, 2018, (iii) 10,000 shares on September 18, 2018, (iv) 363 shares on December 14, 2018 and (v) 823 shares on May 21, 2019. The reporting person is the trustee and sole beneficiary of her trust and the transfers were merely a change from direct to indirect beneficial ownership. The correct number of shares owned directly by the reporting person and indirectly by her trust are now being reported correctly.

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

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