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

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 X_ 10% Owner				
(Last) (First) (Middle) 20073 266TH ROAD				3. Date of Earlie 01/11/2022	3. Date of Earliest Transaction (Month/Day/Year)								Other (specify	below)
(Street)				4. If Amendmen	4. If Amendment, Date Original Filed(Month/Day/Year) 6. Individ						ual or Joint/0 ed by One Repo	orting Person		able Line)
ATCHIS	ON, KS 60	5002										One Reporting	Person	
(City)	(State)	(Zip)		Table I - No	n-D	erivative	Secur	ities Acquii	red, Dispo	osed of, or I	Beneficially	Owned	
1.Title of S (Instr. 3)	ecurity		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year	Code (Instr. 8)	tion V	4. Securi or Dispo (Instr. 3,	sed 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) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common	Stock		01/11/2022(1)		S		1,804	D	\$ 83.1484	2,323,9	971		I	by Cray MGP Holdings LP
Common	Stock									90,856			I	by IRA
Common	Stock									62,170			I	by GST trust for LM
Common	Stock									405,27	6		I	By Seaberg MGP Holdings
Common	Stock									66,522			I	by GST trust for MH
Common	Stock									789			D	
Common	Stock									186,26	8		I	by trust
Common	Stock									59,188			I	Cloud Cray Family Trust
							•		•	!				
Reminder:	Report on a s	separate line	for each class of sec	- Derivative Secu	rities Acquir	Pe co the	rsons wintained in form diestanding Disposed	ho res in this splay	s form are s a curren Beneficiall	not requ tly valid	ction of inf iired to res OMB conf	spond unle	ess	C 1474 (9-02)
1. Title of	2.	3. Transacti	on 3A. Deeme	(e.g., puts, calls,	warrants, o		ns, conver			le and	8. Price of	9. Number	of 10.	11. Naturo
	Conversion or Exercise Price of Derivative Security	Date	Execution l any		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	an (M	Date Exer d Expirati fonth/Day	on Da	te Amo Unde Secur	unt of rlying		9. Number Derivative Securities Beneficiall Owned Following Reported Transaction (Instr. 4)	Owner Form of Derivat Securit Direct or India	ship of Indirect Beneficial Ownership: (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	X					

Signatures

/s/ Allison Hardy, Attorney in Fact for Karen Seaberg	01/14/2022		
**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) The transaction reported on this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 16, 2021.

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.