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).

(Print or Type Responses)

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]						Check all applicable) _X_ Director Check all applicable) _X_ Director						
(Last) (First) (Middle) 20073 266TH ROAD			3. Date of Earliest Transaction (Month/Day/Year) 03/15/2022						Office	r (give title belo	ow)	Other (specify	below)		
ATCHIS	ON, KS 66	(Street)		4. If Amendment	t, Date Orig	inal	Filed(Mont	h/Day/Y	rear) (X_ Form fil	ual or Joint/0 ed by One Repo ed by More than	orting Person	g(Check Applica	able Line)	
(City	")	(State)	(Zip)	Т	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficia								ally Owned		
1.Title of S (Instr. 3)	Security		2. Transaction Date (Month/Day/Year)	ZA. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	tion	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)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common	n Stock		03/15/2022		Code S	V	1,200	(D)	Price \$ 78.4733	64,937			(Instr. 4)	by GST trust for MH	
Common	Stock									90,856			I	by IRA	
Common	ı Stock									62,170			I	by GST trust for LM	
Common	ı Stock									405,27	6		I	By Seaberg MGP Holdings	
Common	Stock									789			D		
Common	Stock									179,79	8		I	by trust	
Common	ı Stock									2,323,9	971		I	by Cray MGP Holdings LP	
Common	ı Stock									59,188			I	Cloud Cray Family Trust	
Reminder:	Report on a s	separate line	for each class of sec	urities beneficially o	owned direc	Pe co	ersons wi	no res	form are	not requ	ction of inf uired to res	spond unl	ess	2 1474 (9-02)	
			Table II	- Derivative Securi						y Owned					
1. Title of Derivative Security (Instr. 3)	Conversion	3. Transact Date (Month/Da	Execution Day/Year)	1 4.	5.	6. an (N	Date Exer ad Expirati Month/Day	cisable on Da	e 7. Tit te Amo Unde Secu	tle and unt of crlying rities r. 3 and		9. Number Derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	Owners Form o Derivat Securit Direct or India	f Beneficia Ownersh y: (Instr. 4) (D)	

	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	03/16/2022		
**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).

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.