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

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 X 10% Owner						
(Last) (First) (Middle) 20073 266TH ROAD					3. Date of Earliest Transaction (Month/Day/Year) 03/16/2022							er (give title belo		Other (specify	below)		
				4. If	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						
ATCHISON, KS 66002 (City) (State) (Zip)						Table I - Non-Derivative Securities Acqui						ired Dien					
1.Title of S (Instr. 3)	Security		Date	nsaction h/Day/Year)	any					ties Ac	cquired (A	5. Amou Benefici Reported	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			7. Nature of Indirect Beneficial Ownership (Instr. 4)	
							Code	V	Amount	or (D)	Price				(I) (Instr. 4)		
Common	1 Stock		03/16	5/2022			S		1,000	D	\$ 82.377	63,937			I	by GST trust for MH	
Common	ı Stock		03/17	7/2022			S		850	D	\$ 82.730	63,087			I	by GST trust for MH	
Common	Stock											90,856			I	by IRA	
Common	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	n 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	eparate line	for each	n class of secu	urities b	eneficially o	owned direc	Per	rsons wl ntained i	o res	form ar	e not requ	ction of inf uired to res OMB cont	spond unle	ess	C 1474 (9-02)	
				Table II -		ative Securi outs, calls, w											
Security	2. Conversion or Exercise Price of Derivative Security	3. Transact Date (Month/Da		3A. Deemed Execution D any (Month/Day	ate, if	4. Transaction Code	5.	6. and (M	Date Exer d Expirati fonth/Day	cisable on Dat	e 7. 7 te Am Und Sec	Fitle and ount of derlying urities str. 3 and		9. Number Derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	Owner Form of Deriva Securit Direct or Indi	Ownersh y: (Instr. 4) (D) rect	

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

Relationships							
Director	10% Owner	Officer	Other				
X	X						
		Director 10% Owner	Director 10% Officer				

Signatures

/s/ Allison Hardy, Attorney in Fact for Karen Seaberg	03/17/2022
**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.