

# Our Favorite Meatloaf From Campbell's Soup

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/campbell-s-soup-swiss-steak-recipe>

## Ingredients:

- 1 1/2 pounds ground beef 680 g
- 1 milliliter basil
- 284 soup
- 1/2 cup onion grated 125 mL
- 1/2 cup dry breadcrumbs 125 mL
- 1/2 cup Parmesan cheese grated 125 mL
- 2 eggs
- 1/2 teaspoon black pepper ground 3 mL
- 2 cloves garlic minced

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 230 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 41 grams
7. SaturatedFat: 13 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams
10. TransFat: 1.5 grams

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