

# Lipton Onion Soup Meatloaf

Yield: 10 min  
Total Time: 15 min

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

## Ingredients:

- 2 pounds lean ground beef
- 1 packet dry onion soup mix
- 2 eggs beaten
- 1/3 cup ketchup
- 3/4 cup water
- 1 1/2 cups breadcrumbs

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 100 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 590 milligrams
9. Sugar: 3 grams

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