

Brown Gravy Meatloaf

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-swiss-steak-recipe-with-brown-gravy>

Ingredients:

- 2 1/2 pounds meatloaf mix*, can also substitute all beef
- 1 tablespoon olive oil
- 1 cup diced onions
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 tablespoons chopped garlic
- 1 tablespoon fresh thyme chopped
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 1/4 cup chicken broth
- 3/4 cup breadcrumbs
- 2 eggs beaten
- brown gravy Recipe, for serving

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 55 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 430 milligrams
9. Sugar: 2 grams

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