

DINNER

Chipotle Steak with Collard Greens

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	5 min	30 min	4	\$2.89	429 kcal



Chipotle Steak with Collard Greens might be a good recipe to expand your main course repertoire. For \$2.89 per serving, this recipe covers 34% of your daily requirements of vitamins and minerals. This recipe serves 4. Watching your figure?

Ingredients

- ☐ ¼ cup apple cider vinegar
- ☐ 1 pound frozen chopped collard greens, thawed and drained
- ☐ 2 cloves garlic, thinly sliced
- ☐ ¼ cup ketchup
- ☐ 1 small onion, diced
- ☐ 3 tablespoons vegetable oil
- ☐ 1 teaspoon chipotle chile powder
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons honey
- ☐ 4 servings Kosher salt and freshly ground pepper
- ☐ 1¼ pounds beef tri-tip steak, fat trimmed
- ☐ 1 tablespoon Worcestershire sauce

Method

- 1 Preheat the oven to 400 degrees F.
- 2 Mix the chile powder, 1/2 teaspoon salt and 1/4 teaspoon pepper; rub on the steak.
- 3 Heat a large cast-iron skillet over medium-high heat.
- 4 Add 1 tablespoon vegetable oil, then add the steak; sear 3 minutes per side.
- 5 Transfer the skillet to the oven and cook until a meat thermometer inserted sideways into the steak registers 135 degrees F for medium rare, 15 to 20 minutes.
- 6 Transfer the steak to a cutting board.
- 7 Meanwhile, heat the remaining 2 tablespoons vegetable oil in a medium skillet over medium heat.
- 8 Add the onion and garlic and cook, stirring, until soft, 5 minutes.
- 9 Add the collard greens and 1/2 cup water and cook, stirring occasionally, until warmed through, 10 minutes.
- 10 Add 1 tablespoon vinegar, and salt and pepper to taste.
- 11 Whisk the ketchup, the remaining 3 tablespoons vinegar, the honey, Worcestershire sauce, mustard and 1/2 cup water in a bowl. Return the cast-iron skillet to medium-high heat; add the ketchup mixture and cook until thickened, 3 to 5 minutes. Slice the steak against the grain.
- 12 Serve with the sauce and collard greens.
- 13 Photograph by Antonis Achilleos

Nutrition per serving

429

KCAL

33 g

PROTEIN

23 g

FAT

23 g

CARBS

Saturated Fat

6.1 g · 38% of daily needs

Fibre

5.4 g · 22% of daily needs

Sugar

14.1 g · 16% of daily needs

Sodium

523 mg · 23% of daily needs

Cholesterol

93.6 mg · 31% of daily needs

Vitamin C

43 mg · 52% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chipotle-steak-with-collard-greens-144629