Upside Down Lentil Shepherds Pie

2 tsp olive oil
1 onion finely chopped
1 1/2 cups shitake mushrooms
1 zuchinni diced small (approx 1 1/2 cups)
3 cloves garlic
1/2 tsp dried tarragon
2 tsp dried thyme
1/2 tsp salt
fresh ground pepper
1 cup carrots diced small
3/4 cup lentils (puy or brown) rinsed
2 1/2 cups vege broth
1 Tbsp Worchester sauce
1/2 cup frozen peas

sauté onion, add mushys, zuchinni, garlic, tarragon, thyme, s & p, sauté 5 mins. add carrots, lentils, broth, cover and bring to boil, simmer 25 mins. stir occassionly, lentils should be tender and broth absorbed. add more water if necessary & cook for longer until done.

once lentils soft, stir in Worchester sauce and peas. let stand 10 mins for maximum flavour. servce with rice, mashed spud etc.

Note: can replace mushrooms and zuchinni with whatever veges you have on hand.