Not a direct answer... BUT:

I'm also interested in podcasting, and in fact, I just attended a podcasting course and picked up some cool tips about how to submit a podcast.

The recommendation was to use a service called Libsyn.com to host your podcast. Then from your Wordpress blog, post the podcast using a plugin called PowerPress. Provided you set it up correctly, it'll automatically get posted to iTunes every time you upload a new podcast.

As for the quick-and-dirty solution you're looking for... I think I know what you mean. But I haven't found anything like that, at least for free. BUT on a mac, I've found it's pretty easy to set up GarageBand with my vocal track with compression and reverb, so I can record it all in one take, saving a lot of time.