When creating a new OpenGL/C++ project, start by specifying that it will be a Win32 Console Application, with the “Empty project” option.

Use the menu to select Tools>NuGet Package Manager>Manage NuGet Packages for Solution...
Search for the nupengl packages:

Select nupengl.core and hit the Install button:

Hit OK, installing both nupengl.core and nupengl.core.redist:

Solution Explorer should now contain a listing for packages.config: