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*: