ESP32 programming method:

1- Open the Arduino
2- File->preferences

3- Copy this link
https://dl.espressif.com/dl/package_esp32_index.json,
http://arduino.esp8266.com/stable/package_esp8266com_index.json
put it in
Additional Boards Manager URLs

4- We click
 tools->Board->Board Manager
Then we search for esp
And then we choose esp32 by pressing Install

5- after the download is complete

We click
tolls->port->COM6
We will find it defined in Device Manager

6- We will click again
tools->Board:"Arduino/Genuino Uno"->ESP32 Dev Module

We'll have to wait a bit and then start programming

7- After completing the programming process, we save the code and then upload it

8-We will plug the USB into the ESP32 and we will see the result