First Need to start backend and database so Node.Js server and Mongo Db those have been setup and are on Port 3000.

Go to the following directory and then use nodemon to start backend.

C:\Users\mecostantino\angular>cd nodejs-express-mongodb

Then

:\Users\mecostantino\angular\nodejs-express-mongodb>nodemon start

//this command starts the app on the back end.....

C:\Users\mecostantino\angular\nodejs-express-mongodb>nodemon index.js

//this starts the angular front-end part of the App in the following directory.

C:\Users\mecostantino\angular\AngularApp>ng serve

//Or different App

C:\Users\mecostantino\angular\angular-tour-of-heroes-backend - Copy (2) before signIn>ng serve

//use this to start mongo DB the file directory may be different it may not be in Program Files, however //navigate to directory and use exe command to start mongo.db

cd C:\Program Files\MongoDB\Server\3.6\bin

//then run in directory to execute

Mongod.exe --dbpath C:Users\mecostantino\mongo-data

//Must do this first in order to start the backend server

//actually to start mongo db this is the correct directory and command

C:\Users\mecostantino\MongoDB\bin>mongod