Steps:

- 1-In your Arduino IDE, go to File> Preferences
- 2- Enter the following into the "Additional Board Manager URLs" field:

https://raw.githubusercontent.com/espressif/arduino-esp32/gh-pages/package_esp32_index.json Then, click the "OK"

- 3-Open the Boards Manager. Go to Tools > Board > Boards Manager...
- 4-Search for ESP32 and press install button for the "ESP32 by Espressif Systems"
- 5-That's it. It should be installed after a few seconds.